

Scaling and Root Planing

Patient Post-op Instructions

To minimize the discomfort and encourage proper healing following your scaling and root planing, follow these instructions:

- After the procedure, take aspirin, acetaminophen (Tylenol®), or ibuprofen (Advil®) before the anesthetic wears off. Continue to take one tablet every four hours for the next two days.
- A saltwater solution (1/2 teaspoon salt + 1/2 teaspoon soda + 8 ounces warm water) swished in your mouth for 2 to 3 minutes every hour may make your mouth more comfortable.
- Use a soft toothbrush at least two times a day. Be gentle and clean thoroughly. Slight bleeding may occur while brushing as the tissues begin to heal.
- Avoid crunchy foods for the next 2-3 days.
- Smoking should be stopped. Success of the treatment will be substantially reduced by the cigarette smoke chemicals in your body.
- As the tissues heal, some temporary sensitivity to cold may occur. Use a desensitizing toothpaste (such as Sensodyne®) frequently (at least 4 times/day) for 1 to 2 weeks.
- Use any other oral hygiene aids that have been recommended (floss, rubber tip, Sonicare®, Sensodyne®, Proxabrush®, Peridex® mouthrinse, etc).

**If you have any questions or concerns,
please call our office. (309) 691-6054**