



## **Post Scaling & Root Planing – Home Care Instructions**

*Please read and follow these procedures. They will make you more comfortable and prevent any possible complications.*

- **CARE OF YOUR MOUTH:** Rinse your mouth 2 to 3 times per day with warm salt water. (One teaspoon salt per 8 oz. of water.) Start home care as instructed immediately. At first you may have to be gentle.
- **DISCOMFORT:** Your gums may become “achy” – a couple of aspirin or ibuprofen will eliminate any discomfort. Sensitivity to cold may temporarily occur. Removing all plaque from the tooth and placing a dab of fluoride tooth paste on the “touchy” tooth will stop cold or touch sensitivity in a few days.
- **EATING:** Your next meal should be soft. Avoid any harp “chippy” foods like Fritos, potato chips, popcorn, ect. For the next 3-4 days.
- **SWELLING:** Swelling or jaw stiffness occur very rarely. However, if it does, place warm moist towels to face in the area of stiffness.
- **SMOKING:** Please do not smoke following scaling and root planning procedures. Tobacco smoke is an irritant to healing. You must refrain from smoking for 24 – 48 hours, or longer.
- **PRESCRIPTIONS:** If you were given a prescription, please be sure to take all the medication until it is gone.

*If any problems arise, please feel free to call our office.*