

# Scaling and Root Planing Post-Operative Instructions

## Care of your mouth:

Start brushing, flossing, and continue your prescribed oral hygiene regimen immediately. You may have to **go easy** at first, but make every effort to keep your mouth plaque free. After one week you should be using your electric toothbrush. A chlorhexidine (Peridex) mouth rinse may be prescribed. This rinse is normally used twice a day for 2-3 days after treatment.

## Discomfort:

Some discomfort is expected when the anesthesia wears off. Usually a couple of acetaminophen or ibuprofen will eliminate any discomfort. Sensitivity to cold or touch may temporarily occur. Removing all plaque from the tooth surfaces and brushing with a sensitive toothpaste or Fluoridex that we may prescribe will usually reduce sensitivity. Also, using a straw to drink liquids can make you more comfortable.

## Antibiotics:

IF prescribed, take them as directed until **all are gone**, as long as there are no adverse reactions or discomfort (itching, redness, etc.).

## Eating:

Your next meal should be soft and cool. Avoid any hard, gritty foods such as peanuts, popcorn, chips, and hard bread. Also, it is best to avoid hot, spicy foods and alcohol for at least 24 hours.

## Bleeding:

Slight bleeding may continue for several hours following the procedure. This is not unusual and should stop. If bleeding still persists, apply a tea bag to the area with a firm but general pressure for 15 minutes.

## Swelling:

Very seldom does swelling occur. Many times warm salt water rinses will soothe irritation.

## Smoking:

Please refrain from smoking for 24 hours or longer after scaling and root planing procedures. Tobacco use interferes with the healing.

## If you had IV sedation today:

You may feel sleepy or relaxed, avoid any activity for the rest of the day; take it easy. For your safety, avoid drinking, driving, signing legal documents and working for the next 12-24 hours.

### Take Ibuprofen or Acetaminophen as Follows:

- 2 tabs as needed for discomfort, not to exceed four doses per day.
- 2 tabs four times a day for two days, then as need for discomfort.
- 2 tabs four times a day for four days, then as needed for discomfort.

Last given: \_\_\_\_\_

## Please call if you have any questions and concerns:

Office: 260-471-1222 or 1-800- 572-2655, Dr. Lee: (C) 260-494-7496