POST-OPERATIVE SERIES

Homecare– Scaling & Root Planing

Now that you've had scaling and root planing therapy, it's important to follow these recommendations to speed healing.



Select a soft diet

Chewing and eating

If we used an anesthetic during the procedure, avoid chewing until the numbness has worn off completely.

Wait at least two hours before eating, and then select a soft diet for the first 48 to 72 hours, chewing on the opposite side of your mouth.

Avoid alcoholic drinks and hot or spicy foods until your gums are healed.

Tobacco use

Don't use any tobacco products for at least 72 hours after the procedure because tobacco slows healing.



Avoid tobacco



Rinse with salt water for discomfort

Brushing and flossing

Brush the treated area very lightly the first night. To make this more comfortable, first rinse your brush under hot water to soften the bristles.

The next day, begin flossing the area lightly, and gradually return to normal brushing and flossing over the next week.

If your teeth are sensitive to hot, cold, or pressure, use a desensitizing toothpaste.

If we prescribed a medicated mouthrinse, use it as directed. Avoid mouthwashes that contain alcohol.

Medications and discomfort

If antibiotics were prescribed, continue to take them for the indicated length of time, even if all signs and symptoms of infection are gone.

To control discomfort, take pain medication before the anesthetic has worn off or as recommended. It's normal to experience some discomfort for several days.

To further reduce discomfort or swelling, rinse your mouth very gently three times a day with warm salt water. Use about one teaspoon of salt per glass of warm water.

When to call us

Call our office if bleeding, sensitivity, or discomfort increases or continues beyond three or four days, or if you have any questions or concerns.

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