

## Post Operative Instructions Following Scaling and Root Planing Therapy

Scaling and root planing therapy is a procedure that involves removing bacterial plaque, toxins and tartar from the root surface below the gumline with instruments and ultrasonic scalers. The following guidelines have been prepared for you in order to maximize healing and minimize any discomfort.

### Guidelines and Home Care

- Refrain from eating until the anesthesia has worn off.
- Avoid vigorous physical exercise, but you may return to work
- Avoid drinking through a straw or sucking motions.
- Do not smoke.
- Drinking alcoholic beverages will slow the healing process.
- Avoid using any strong mouthwashes that contain alcohol.
- You may take a non-aspirin analgesic to relieve any tenderness or discomfort, such as ibuprofen (Advil) or acetaminophen (Tylenol).
- Eat a well-balanced soft diet for today. You may chew on the opposite side of the treated area until it is comfortable to chew normally.
- Rinse with a warm salt-water rinse, ½ teaspoon in an 8 oz. glass of water, 3 times a day.
- Brush your teeth very lightly in the treated area the first night. Then begin flossing lightly as well the next day, gradually increasing to normal force by the week's end.

Several days after treatment your gums should begin to appear pinker, less swollen, and will bleed less when you floss. These are signs of healing and improving periodontal health. If you have any questions or problems, please call our office.