

Instructions After Scaling and Root Planning

These are some helpful suggestions that will increase your comfort and help you to receive the maximum benefit from periodontal treatment.

1. **Tenderness of your gums is normal.** To reduce tenderness and promote healing, rinse with warm salt water every 2-3 hrs: *use 1/2 teaspoon of salt in a 4-ounce glass of water.*
2. **Ibuprofen (Motrin® or Advil®)** may be taken for discomfort. Take 2 regular-strength tablets every 6 hours as needed. If you cannot take Ibuprofen for medical reasons, take 1 Tylenol every 6 hours as needed.
3. **Brush at least twice a day and FLOSS well at least once a day.** This will give you the best possible healing. Use the flossing technique that you were shown in our office. Use a toothbrush with extra soft bristles.
4. **Eat highly nutritious foods.** Such foods are necessary for proper healing. Avoid foods that require excessive chewing. For the first 24 hours, try to chew food on the side of your mouth that was not cleaned. Also, avoid sticky, crunchy or coarse foods.
5. **Tooth sensitivity is normal and temporary.** If you have sensitivity to cold, sweet, or hot, you may use a desensitizing toothpaste called Sensodyne® for relief. After using Sensodyne® twice a day for three weeks you may find some decrease in sensitivity.
6. **It is extremely important to return for your follow-up appointment** after all of the scaling and root planning is completed. This way we can monitor your healing and make recommendations for further treatment if you need it.

Thank you for coming today and please contact our office if you experience any problems during the healing process.

Sarosh F. Dastoor, D.M.D, M.S
Precision Periodontics & Implant Dentistry, P.C.