



POST OP INSTRUCTIONS FOR SCALING & ROOT PLANING

Discomfort:

Slight swelling of the operated area is not unusual. Chapped lips or bruising of the lips/cheek area may occur.

- A reusable ice bag or a frozen vegetable bag, wrapped in a soft towel, may be applied to the area of scaling to help minimize the swelling. Alternating 20 minutes on and 20 minutes off will usually be adequate during the first 24-48 hours.
• Keeping your head elevated above your heart will also help. Most swelling can occur in the morning and up to 3 days after surgery. Avoid sleeping/laying on the side that surgery was performed.
• Any major swelling should be reported to the doctor at once.

You may experience some tooth sensitivity after Scaling and Root Planing, especially to cold. Sensitivity usually decreases within several weeks after the procedure and can be minimized by keeping the area as free of plaque as possible. If the sensitivity is extreme, contact the doctor for recommendations or medications to relieve the discomfort.

Bleeding:

Minor bleeding, such as a pinkish tinge to your saliva, may occur during the first 48 hours following the procedure. Avoid extremely hot foods for the rest of the day and do NOT rinse out your mouth, as these will often prolong the bleeding. If bleeding increases or occurs past the initial 48 hours, please call our office as soon as possible to notify the doctor and receive further instructions.

Eating / Diet:

You may eat as tolerated after the numbness has worn off. Avoid sticky, hard (such as ice cubes, nuts, popcorn, chips), brittle, spicy, highly seasoned, or acidic foods in your diet. Foods such as soups, pasta, scrambled eggs, mashed potatoes, macaroni & cheese etc. are best. Be sure to maintain adequate nutrition and drink plenty of fluids.

Smoking is not advised during the 7-14 days following surgery, as smoking will delay your healing.

Homecare:

Please brush twice a day and floss daily. Rinse your mouth with chlorhexidine twice daily after brushing and flossing your teeth. Measure your dose using the cup provided with the medication. Swish the medicine in your mouth for at least 30 seconds, then spit it out. DO NOT RINSE- JUST SPIT OUT AS MUCH AS YOU CAN.

If you already do not have your 3 months cleaning appointment, please call us immediately to make that appointment. These 3 months periodontal maintenance (cleaning) appointments is essential to your periodontal health and will prevent you from needing another Scaling and root planning.



* Date *

12/10/2021