



SCALING OR ROOT PLANING

Chewing and eating

If we used 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.

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

If we prescribed a medicated mouth rinse, 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.**

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 desensitizing toothpaste.

When to call us

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

** If you suffer of High Blood Pressure, please consult with your physician before use warm salt water.*