

SCALING AND ROOT PLANING POST-OP INSTRUCTIONS

- After the procedure, take aspirin, acetaminophen (Tylenol®), or ibuprofen (Advil®) before the anesthetic wears off. Be sure to follow your physician's recommendations for OTC pain relief.
- A saltwater solution (1/2 teaspoon salt + 1/2 teaspoon soda + 8 ounces warm water) swished in your mouth for 2 to 3 minutes every hour may make your mouth more comfortable.
- Use a soft toothbrush at least two times a day. Be gentle and clean thoroughly. Slight bleeding may occur while brushing as the tissues begin to heal.
- The cleaner your teeth and tissue are kept, the less sensitivity you will experience and the quicker your tissue will heal. Temporary sensitivity to cold is normal as your tissue heals. If this sensitivity continues for more than one week- please call our office.
- Avoid strong spicy seasonings, and hard crunchy food for 24-48 hours after your scaling and root planing appointment
- Smoking should be stopped. Success of the treatment will be substantially reduced by the cigarette smoke chemicals in your body.
- Faithfully follow the oral hygiene instructions your hygienist provides, including any hygiene aids that have been recommended (floss, Perio-Aid®, rubber tip, Sonicare®, Proxabrush®, Gel-Kam® fluoride, Peridex® mouthrinse, etc).

If you have any questions or concerns, please don't hesitate to call us at the office (214) 969-0280 or Dr. Denson directly at (817) 929-6749.