

# Halfmoon Family Dental

## POST OPERATIVE INSTRUCTIONS FOR SCALING AND ROOT PLANING PATIENTS

- ❖ Avoid chewing while still numb. You may chew your lips, cheeks, or tongue and will not feel it until later.
- ❖ Take some Advil, Motrin, or Tylenol before numbness goes away. This will help manage pain and swelling when you are not numb anymore.
- ❖ Teeth might be more sensitive to hot, cold, and sweets for the next couple of days. Use sensitivity toothpaste and/ or fluoride rinse.
- ❖ Warm salt water rinses help the area heal quickly. (1/2 teaspoon of salt to 1 cup of water)
- ❖ No smoking for at least 24 hours (48 if possible). Smoking slows down wound healing.
- ❖ If uncomfortable, chew from the opposite side, and eat a soft diet. Crunchy things may harm the freshly treated tissue.
- ❖ Following Scaling and Root Planing, your teeth may feel smoother, and you may feel gaps between your teeth. This area was clogged by tarter deposits and now your tongue can feel it. It will take about 24-48 hours for your tongue to “get used” to this new feeling.
- ❖ If localized antibiotic (Arestin) was placed, please follow any additional directions.
- ❖ Perioguard: Rinse two times per day AM and PM for one minute. Do not rinse with water afterwards.
- ❖ Please keep your follow up and maintenance appointments.