



Patient Instructions After Periodontal Scaling and Rooting Planing

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

- 1. Tenderness is normal.** To reduce tenderness and promote healing, every two to three hours, rinse with warm salt water: ½ teaspoon salt in a 4-ounce glass of water.
- 2. Avoid brushing or flossing the treated area for 12 hours.** However, after 12 hours it is very important that you continue to brush & floss regularly. It is not unusual to experience bleeding while brushing for up to 7-14 days. Please be gentle while brushing and use a toothbrush with soft bristles.
- 3. Tylenol or ibuprofen** may be used for any discomfort.
- 4.. It is possible you may be numb for several hours following the procedure,** please try to do most of your chewing on the side opposite to the area that was treated and please avoid consuming very hot foods/drinks.
- 5. Avoid foods that require excessive chewing, sticky, crunchy or coarse foods.** Consuming healthy, nutritious foods will aid the healing process.
- 6. Tooth sensitivity is normal and temporary.** You may use a desensitizing toothpaste such as Sensodyne or any major brand for sensitivity relief.
- 7. Please DO NOT smoke following scaling and root planing procedures.** Smoke is an irritant and can delay healing. You should refrain from smoking for 24-48 hours, or indefinitely if possible.
- 8. It is extremely important that regular periodontal maintenance cleanings are performed every 3 months following scaling and root planing procedures** to keep the periodontal disease under control and to help prevent relapse.

Lastly, please contact our office should you experience prolonged bleeding or any other problems during the healing process at (617)776-2323.

These suggestions will help you receive the greatest benefit from today's treatment.

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