

Post-Operative Instructions: Scaling & Root Planing (Deep Cleaning)

Please adhere to the following instructions to expedite your healing process and avoid any unnecessary discomfort or inconvenience:

- Avoid eating until the anesthetic has worn off so you don't accidentally bite your lips, cheek, or tongue. If anesthetic was not used, then there is no waiting period before you can eat.
- For the first 24 hours a soft diet is recommended. It is normal for the teeth and gums to feel sensitive or sore following this procedure so eat only what is comfortable to you. If needed, chew on the other side for the first 24 hours. Avoid anything spicy, acidic, or hot (temperature) as these types of food can trigger discomfort.
- Be careful when brushing and flossing -- but maintain good oral hygiene. Gentle and slow brushing and flossing for the first 24-48 hours may be more comfortable. If the hygienist has recommended use of other oral hygiene aids such as a rubber tip stimulator, proxabrush, soft picks, etc. please use those as instructed. Slight bleeding may occur while brushing for the first 24-48 hours, but this is normal and should subside.
- Rinse with warm salt water to reduce gum tissue soreness. It is normal for your gums to be slightly swollen or sore following a deep cleaning. Use 1 teaspoon of salt per 1 cup of water and gently rinse and repeat this action 3-4 times per day for the first 1-3 days as needed.
- Avoid smoking for the first 48 hours as smoking delays the healing of the gum tissues and can substantially reduce the success of the treatment.
- Take medication as instructed by the doctor. To reduce pain or soreness, Ibuprofen (Motrin or Advil) up to 800 mg every 6 hours can be taken unless you are allergic or have otherwise been instructed not to take it.
- Keep your following appointments. Your dentist may recommend that you return for further evaluation, other gum treatments, or more frequent intervals for your cleanings or periodontal maintenance visits. This is key to maintaining the health of your gums and reducing the damaging effects of

periodontal disease (gum disease). Delaying or canceling these appointments could contribute to a more rapid deterioration of your gum health which may result in pain and/or loss of teeth.

Please text/call our office at (805) 543-4770 if:

- If you experience severe pain or swelling that does not dissipate.
- If after the first 2 days, you are unable to bite down without experiencing sharp pain.
- If you have an allergic reaction to any medication you have taken.

