



POST PERIODONTAL SCALING AND ROOT PLANING INSTRUCTIONS

You should be able to return to your regular schedule after you leave our office. Be careful while your mouth is numb not to bite your tongue or cheek. Please call us if you have any questions or if any problems develop following your appointment.

TENDERNESS

You may experience some tenderness following the scaling and root planing appointment. If needed, you may want to take an over-the-counter non-aspirin pain medication as directed.

BLEEDING

There may be a slight amount of bleeding after the scaling and root planing. If this occurs, it usually stops in four to six hours. Stay away from hot drinks or soup if bleeding, you should rinse with ice cold water and then apply a wet tea bag with firm pressure to the area that is bleeding. If spontaneous bleeding does not stop within fifteen minutes, please call our office.

DIET

The day of your appointment you should eat a well-balanced diet consisting primarily of soft foods, which are easy to chew. Examples are eggs, soft meats, fish, mashed potatoes and other cooked vegetables, fruits, jello, and pudding.

ORAL HYGIENE

It is important that you maintain your mouth plaque free. Be thorough with your plaque control, but also be gentle for the first twenty-four hours. You should begin performing the daily plaque control (home care) procedure recommended for you on the same day as your appointment.