

POST SCALING & ROOT PLANING INSTRUCTIONS

- **Tenderness is normal.** Using a warm salt water rinse every 2-3 hours can help alleviate gum tenderness (dissolve 1/2 tsp of salt in 4 oz. of warm water and swish for 30 seconds).
- **Avoid brushing/flossing the treated side for 12 hours.** It is very important to establish and maintain good oral hygiene from this point forward. Flossing daily and brushing with a soft bristle toothbrush at least twice a day (2 minutes each time) is recommended.
- **Tylenol or ibuprofen may be used for discomfort.** Typically the jaw muscles can feel tired/sore after a longer dental appointment.
 - **Tooth sensitivity may occur.** You may notice more sensitivity to colds. If this occurs, you can brush with Sensodyne toothpaste for relief.
- **Be cautious eating while you are still numb.** Since you will stay numb for several hours after the appointment, be careful eating so that you do not bite your cheek or tongue.
- **Avoid popcorn, nuts, and small seeds for the next 2 days.**
Please feel free to contact our office should you have any questions or concerns.