

## Scaling and Root Planing Post Operative Instructions

*Scaling and root planing is a non-surgical treatment of periodontal disease. The purpose of the treatment is to remove bacterial plaque and tartar from around teeth and under the gum line. The goal is to produce clean, smooth teeth and roots, which will promote healing of the inflammation and infection of gum disease.*

- After scaling and root planing, avoid eating anything on the area being treated for two hours or until the dental anesthetic has worn off completely, if used.  
Avoid any hard or crunchy foods such as tortilla chips, potato chips, popcorn, or seeds for the next several days.
  - To help soothe the area, rinse your mouth 2-3 times a day with warm salt water rinses. Use one teaspoon of salt for every 3 ounces of water.
  - Resume your home care regimen immediately, but be gentle with the area recently treated. Do not be concerned if there is mild bleeding during brushing for a few days following the deep cleaning procedure.
  - Refrain from smoking for 24 to 48 hours after scaling and root planing. Tobacco will delay healing of the tissues.
  - You may take a **non-aspirin** pain reliever for any tenderness or discomfort. Take ibuprofen (Advil) or Tylenol unless you are allergic or have medical conditions that prevent taking these medications.
    - 600 mg (equal to 3 tabs of over-the-counter Ibuprofen or Advil) every 4-6 hours if necessary. Do NOT exceed 2400 mg in a 24 hour period!
- OR
- Extra strength Tylenol 1000 mg (equal to 2 tabs of over-the-counter Extra Strength Tylenol) every 4-6 hours if necessary. Do NOT exceed 4000 mg in a 24 hour period!
  - If Prescribed, take all antibiotics until finished, even if feeling fine after a few days. This is an important part of treatment to reverse periodontal disease.
- If you have persistent discomfort or swelling that occurs after scaling and root planing, contact the office for instructions as soon as possible.