

### Scaling and Root Planing Post Operative Instructions

Scaling and root planning 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 planning – avoid eating anything on the area being treated for two hours or until the dental anesthetic has worn off completely (if anaesthetics 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 (1tsp salt for every 3oz of water).

Resume home care immediately brushing and flossing and be gentle with the areas recently treated. Do not be concerned with mild bleeding during brushing following deep cleaning as the tissues will be irritated. Regular brushing and flossing will reduce the amount of bleeding of the gums.

Refrain from smoking 24-48hrs after scaling and root planning – tobacco will delay healing of the tissues.

You may take a non-aspirin pain reliever for any tenderness or discomfort. Take ibuprofen (Advil) or Tylenols unless you're allergic or have medical conditions that prevent taking these medications.

\*600mg of ibuprofen or Advil every 4-6hrs as necessary – do not exceed 2400mg in a 24hr period.

\*1000mg of Tylenol every 4-6hrs as necessary – do not exceed 4000mg in a 24hr 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.

Please call the office at 403-239-0010 if you have any other questions.