

## Post-op Instructions

### Scaling/ Root Planing

- Rest and avoid strenuous activities for rest of the day.
- Good oral hygiene is important for best possible healing during the first 4 weeks after scaling/root planing.
- Floss gently and avoid using a water pick during the first week to give the gum tissue time to seal tightly to the teeth.
- After scaling/root planning, gums may feel tender and bruised.
- Over the counter pain medication is usually sufficient, take as needed with milk or food to prevent nausea and stomach irritation. If nausea develops, reduce or eliminate pain medication.
- Teeth may be sensitive to cold and is reduced by good oral hygiene. If you experience sensitivity, rinse gently with warm salt water 2 times a day for 2 weeks. If it lasts longer than 2 weeks, your doctor can prescribe desensitizing toothpaste or a concentrated fluoride product.
- For the next 2-3 days, avoid eating hot, hard, crunchy, crusty or crispy and spicy foods. Consume soft diet during the first 2-3 days.
- Some recommended supplements are Vitamin C, B complex, & E, Coenzyme Q10, and Calcium
- Some bleeding can be expected following surgery, gently apply pressure with gauze provided continuously for 10-15 minutes if excessive bleeding occurs. Repeat steps as necessary.
- Sit an upright position as it will also aid in the control of bleeding.
- Please call our office if numbness and tingling lasts over 24 hours because typically local anesthetic wears off in 2-4 hours
- Avoid smoking during the first two weeks because it can significantly delay the wound from healing and cause post-treatment complications including excessive bleeding and infection.
- Even though scaling/root planing was performed to remove the bacterial deposits causing your infectious periodontal disease, pocket reduction therapy may also be necessary to treat your periodontal disease.
- Please keep your follow-up appointments and return every 3 months for a periodontal maintenance, in order to prevent this periodontal problem from recurring.