



Post-Operative Instructions for Scaling and Root Planning

Scaling and Root Planning therapy involves removing bacterial plaque and tartar from the root surface below the gum line. This reduces inflammation/infection and allows re-attachment of the gums to the root surface. The depth of the periodontal pockets is reduced thus allowing more efficient flossing and brushing which can lead to better oral health. An ideal healthy pocket is 1-3mm.

FOR THE FIRST 24 HOURS:

- Do not eat or drink hot foods until the effect of anesthetic wears off.
- No vigorous physical exercise for 24 hours.
- Do not use a straw or sucking motions.
- Do not smoke.
- Avoid eating any hard foods such as tortilla chips, potato chips, popcorn, or anything with small seeds (raspberry, chia seeds, sesame seed, flax seed...etc) for at least 10-14 days.

THINGS TO DO:

- For any discomfort, you may take an over-the-counter pain reliever as instructed. For extreme tenderness or discomfort take one extra strength acetaminophen (500mg Tylenol) and two Ibuprofen (200mg Motrin, Advil).
- Rinse with warm saltwater, one teaspoon of salt dissolved in an 8-oz. glass of warm water, three times a day.
- Use gentle but accurate home care for the first 2-3 days then resume normal brushing.
- Rinse with Closys mouth wash or prescribed bleach solution if given (instruction is given separately).
- Do not use any water irrigators for at least 10-14 days.

As the gums heal, they will appear to be pink, less swollen, and will bleed less when you floss.

If you notice any excessive bleeding or swelling, please give us a call at (202-393-6154).