



## Post Operative instructions

### Scaling and Root Planing

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, which is causing bone loss.

- Take **Ibuprofen** or **Acetaminophen** unless you have any medical conditions or allergies
- **Avoid eating or drinking hot foods** on the area being treated for two hours or until the anesthetic has worn off completely
- **Avoid any hard foods** such as chips, nuts, popcorn, or seeds for the rest of the day.
- To help soothe the area, **rinse your mouth 2-3 times a day with warm salt rinses.**
- Resume Your home care regimen of **brushing twice daily** with a soft bristle brush and **daily flossing** immediately, but be gentle with the area recently treated.
- **Teeth may be more sensitive to hot or cold temperatures** and/or sweets. Consistently brushing 2-3 times daily with sensitivity tooth paste or using fluoride rinses may alleviate this over time. **Avoid whitening products**, as this will contribute to the problem
- **Refrain from smoking for 24 - 48 hours** after scaling and root planning as tobacco will delay healing of the tissue. Smoking cessation is highly recommended

We will look forward to seeing you for your regular periodontal maintenance to keep up with what we just accomplished together