

# Scaling and Root Planing

## Post Op Instructions:

Scaling and root planing therapy is a procedure that involves removing bacterial plaque and tartar from the root surface below the gum-line with instruments and ultra-sonics. The goal of this treatment is to allow reattachment of the gums to the clean root surface and to shrink the periodontal pockets to levels that can be maintained by daily flossing and brushing. The following guidelines have been prepared for you in order to maximize healing and minimize any discomfort.

## Things to Avoid for the First 24 Hours:

- Vigorous physical exercise, but you may return to work
- Drinking through a straw or sucking motions
- Do not smoke. DO NOT SMOKE. Do not smoke.
- Drinking alcoholic beverages will slow the healing process
- Food that is extreme in temperature or spice
- Avoid using any strong mouthwashes that contain alcohol

## Things to do:

- You may take a non-aspirin analgesic to relieve any tenderness or discomfort, such as Ibuprofen (Advil) or Acetaminophen (Tylenol).
- Eat a well-balanced soft diet for today. You may chew on the opposite side of the treated area until it is comfortable to chew normally.
- Rinse with a warm saltwater rinse, 1 teaspoon in an 8 ounce glass of water, 3 times a day.
- Brush your teeth very lightly in the treated area the first night. The next day, begin flossing lightly as well, gradually increasing to normal force by the week's end.
- After flossing and brushing, rinse with Peridex, if it was prescribed, for at least 60 seconds. Do this at least twice daily.

\*Several days after treatment your gums should begin to appear pinker, less swollen, and will bleed less when you floss. These are signs of healing and improving periodontal health.\*

*Thank you for choosing us for your dental restorative needs. If you have any questions or concerns, please call our office at 334-687-0088*