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Post-Op Instructions - Scaling and Root Planing

("Deep Cleaning")

To minimize the discomfort and encourage proper healing following your scaling and root planing, follow these instructions:

- After the procedure, take acetaminophen (Tylenol®), or ibuprofen (Advil®) before the anesthetic wears off. Continue to take one tablet every four hours for the next two days.
- A saltwater solution (1/2 teaspoon salt + 1/2 teaspoon soda + 8 ounces warm water) swished in your mouth for 2 to 3 minutes every hour may make your mouth more comfortable.
- Use a soft toothbrush at least two times a day. Be gentle and clean thoroughly. Slight bleeding may occur while brushing as the tissues begin to heal.
- A liquid or soft diet is advisable during the first 24 hours. Avoid strong spicy seasonings, and hard crunchy foods for the next few days. Drink plenty of water during the first 24 hours.
- Smoking should be stopped. Success of the treatment will be substantially reduced by the cigarette smoke chemicals in your body.
- As the tissues heal, some temporary sensitivity to cold may occur. Use a desensitizing toothpaste (such as Sensodyne®), or fluoride gel (such as Prevident® or Gel-Kam®) frequently (at least 4 times/day) for 1 to 2 weeks. Also, the cleaner the teeth are kept, the less sensitive they will be.
- Faithfully use any other oral hygiene aids that have been recommended (floss, Perio-Aid®, rubber tip, Sonicare®, Proxabrush®, Gel-Kam® fluoride, Peridex® mouthrinse, etc).

If you have any questions or concerns during normal business hours, please call our office.

*Our **EMERGENCY / AFTER HOURS PHONE NUMBER is 830-613-5975**; if we do not answer please leave a message and we will return your call as soon as possible. If you are having a medical emergency call 911 or head to the nearest emergency room.*