

SCOTT A. PAUL, D.D.S.

Practice Limited to Periodontics/ Implant Dentistry

"Committed to Caring and Excellence"

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POST SCALING AND ROOT PLANING INSTRUCTIONS

Please read and follow these procedures. They will make you more comfortable and will help to prevent any possible complications.

1. CARE OF YOUR MOUTH:

Start brushing, flossing, and continuing your prescribed oral hygiene regimen immediately. You may have to GO EASY at first, but make every effort to keep your mouth plaque free. We recommend rinsing your mouth several times on the day of treatment with warm salt water (use ¼ teaspoon salt to 8 ounces of water).

2. DISCOMFORT:

Some discomfort is expected when the anesthesia wears off. Usually a couple of acetaminophen, or ibuprofen will eliminate any discomfort. Sensitivity to cold or touch may temporarily occur. Removing all plaque from the tooth surfaces and brushing with a fluoride toothpaste or fluoride that we may prescribe will usually reduce or eliminate sensitivity in a day or two.

3. EATING:

Your next meal should be soft. Avoid any hard foods such as peanuts, popcorn, chips, or hard breads for the next 3-4 days. Also, it is best to avoid hot, spicy foods and alcohol for at least 24 hours.

4. BLEEDING:

Slight bleeding may continue for several hours after the procedure. This is not unusual and should stop. If bleeding persists beyond a few hours, please, call our office.

5. SWELLING:

Very seldom does swelling occur if you rinse your mouth every couple of hours with warm salt water (1 teaspoon salt and 8 ounces of water). Apply cold pack for 20 minutes and remove for 20 minutes. Apply again for 20 minutes with a one- hour break.

6. SMOKING:

Please refrain from smoking for 24 hours or longer after scaling and root planing procedures. Tobacco use interferes with the healing process.

7. EXERCISE:

Avoid any aerobic activity for the rest of the day; e.g., jogging, tennis, racket ball, or anything strenuous. Take it easy.

8. PLEASE CALL:

Do not hesitate to call if problems arise or if you need additional information. Our 24 hour telephone number is: 760-525-0949