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POST SCALING AND ROOT PLANING INSTRUCTIONS

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

CARE OF YOUR MOUTH: Rinse your mouth 2-3 times per day with warm (coffee temp.) salt water. One teaspoon salt / 8 oz. water. Start same care as instructed, immediately. In the beginning you may have to be gentle.

DISCOMFORT: Your gums may become "achy" and a couple of aspirin will eliminate any discomfort. Sensitivity to cold may temporarily occur. Removing all plaque from the tooth and placing a dab of fluoride toothpaste on the "touchy" tooth will stop cold or touch sensitivity in a few days.

EATING: Your next meal should be soft. Avoid any hard "chippy" foods like Fritos, Potato chips, Popcorn, etc. for the next 3-4 days.

SWELLING: Swelling or jaw stiffness occur very rarely, however if it does, place warm moist towels to the face in the area of stiffness.

SMOKING: Please do not smoke following scaling and root planing procedures. Tobacco smoke is an irritant to healing. Refrain from smoking for 24 hours or longer.

If any problems arise feel free to call the office.