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Post-Operative Instructions for Scaling and Root Planing



After your scaling and root planing procedure, it is important to follow these care instructions to ensure proper healing of your teeth and gums.



Immediately after your procedure, it's important to listen and adhere to your doctor's recovery instructions for the type of anesthetic used. Also, it's best to limit your physical activity for the first 24 hours.



To ease discomfort, before the anesthesia wears off, your doctor may allow you to take an over-the-counter pain medication, such as Ibuprofen, or a prescribed medication to help with any soreness.



If antibiotics are prescribed, be sure to take them for the indicated amount of time, even if symptoms and signs of infection are no longer present.



Be careful not to rinse vigorously for at least the first 24 hours after surgery as this may prolong bleeding.



the risk of infection.



It is common to experience some cold sensitivity and gum swelling after the procedure, but this should subside within several days.



After 24-hours you can rinse with warm salt water three times per day, to reduce pain and swelling. Propping up your head with pillows when lying down will help with both swelling and bleeding.



For the first 48 to 72 hours, restrict your diet to soft foods that require minimal chewing. Make sure to avoid hard or sticky foods, as well as spicy foods which can irritate the treated area.



You should resume regular brushing and flossing as soon as you're able, making sure to be gentle around the treated area.



Your doctor may prescribe antimicrobial mouthwash which should be used two to three times per day, as directed.



persistent discomfort or swelling, it is important to contact your doctor's office for assistance.

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