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## Post Scaling and Root Planing Instructions

**DISCOMFORT:** Take ibuprofen (i.e. Advil), Aleve or aspirin as needed to ease any discomfort. Rinse your mouth 2-3 times per day with warm salt water (one-teaspoon salt per 8 oz. water). Try to avoid clenching your teeth as the numbness is wearing off, as it may make the teeth ache. If your jaw feels sore (which is more common after having the lower jaw worked on), apply moist heat (approximately 10-15 minutes on and 10-15 minutes off). Limit wide opening and eating hard or chewy foods until symptoms subside.

**HOMECARE:** Start home care as instructed, immediately. Even though the gums may be slightly tender, it is very important to keep the areas treated clean and free of plaque and food debris to enhance healing. In the beginning, you may have to be gentle. Try heating your toothbrush under hot water to soften the bristles.

**EATING:** For the next 3-4 days following your appointment, you do not have to eat a soft diet but use common sense and stay away from foods that might get into pockets and interfere with healing. Popcorn, nuts with skins, sesame seeds, and berries with seeds are a few items you might try to avoid.

**SENSITIVITY:** As the teeth are cleaned of calculus and bacteria, and gums begin to heal, it is common to have some root sensitivity, especially to cold. Keep the area clean of plaque. You may try applying Stop fluoride to the area following home care, preferably as often as possible. If sensitivity is severe, please call and let us know. We can give you things to use that are more effective than the over the counter materials suggested. We also have the ability to apply desensitizing medications to root surfaces.

**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 you have any problems or concerns, please feel free to call our office at **(208) 343-1393**.