



Post-Op Instructions After Scaling and Root Planing

Rinse your mouth 2-3 times a day with warm (coffee temperature) salt water (one teaspoon salt per 8 oz. water). Start home care as instructed, immediately. In the beginning you may have to be gentle.

Soreness: Your gums may become “achy” and a couple of aspirins, Tylenol or Ibuprofen will eliminate any discomfort.

Sensitivity: 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.

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.

Swelling or Jaw Stiffness: Very seldom does swelling or jaw stiffness occur, however, if it does, place warm moist towels to the face in the area of stiffness.

If any problems arise, please call our office at (703) 560-6301.