

Patient Self-Care Following Scaling & Root Planing Care

ACTIVITY: After leaving our dental office today, we suggest you consider relaxing or at least limiting your activity as much as possible for an hour or two. **Avoid strenuous activity and all aerobic exercise today**, e.g. jogging, tennis, racket ball, lifting of heavy items, etc.

ORAL HYGIENE: Brushing and oral hygiene procedures should be done as usual in all areas of your mouth. Removing all plaque from your teeth and brushing with a fluoride toothpaste or fluoride that we may have prescribed or given to you will usually reduce or eliminate this sensitivity in a few days. We recommend that you rinse your mouth 2-3 times a day with a dilute solution of warm salt water (1/4 teaspoon of salt in a full glass of comfortably hot water). Do this today and tomorrow. Using too strong a salt water solution or using it more frequently can increase discomfort in your gums.

DISCOMFORT: Some discomfort may be present when the anesthesia wears off. Usually, a couple of Tylenol or Advil will eliminate any discomfort. Sensitivity of gums or teeth to cold or touch is common. This should go away in a day or two. Should intense discomfort occur at any time after this procedure, please call our office. Salt water rinsing as described above will usually minimize the possibility of gum swelling after this procedure or can help reduce it if it occurs.

INFECTION: If you notice that after a few days, pain or swelling are increasing or that you are experiencing an elevated temperature, please call our office.

SWELLING: Swelling of your face or of your gums after this procedure is not common and should be reported to our office.

BLEEDING: Slight bleeding may continue for a few hours after this procedure. This is not unusual and should stop. **If bleeding persists beyond a few hours, please call our office.** Most of the red color you may see in your mouth is actually a little bit of blood mixed with a lot of saliva - blood is a very strong "dye" and a little bit of blood will color your saliva dramatically.

EATING AND DRINKING: Do not try to eat until all anesthesia (numbness) has worn off. Your first meal should be soft. **Avoid spicy, salty, acidic, very hot or very cold foods or liquids.** Also, avoid nuts, chips, popcorn, hard bread, or other crunchy or fibrous foods which may become caught between your teeth. Please refrain from drinking alcoholic beverages today.

We want your treatment to provide as positive a healing experience as possible. If you are having any problems or have any questions not covered in these guidelines, please feel free to call us at any time. The doctor can be reached after hours 972-333-6374.