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## Post-Op Instructions for Scaling and Root Planing

- Rinse with warm salt water (1/2 tsp. salt in 8 oz. of water) every few hours to encourage healing and soothe discomfort. A prescription mouth rinse may be used to reduce oral bacteria, especially in areas too sore to brush.
- Be careful not to bite or chew your lip, cheek, or tongue while numb. Avoid chewing after the procedure until the numbness has worn off.
- Take over-the-counter pain medication such as Ibuprofen or Tylenol to manage any postoperative discomfort you may have for the next 3 days.
- Common post-operative discomfort may last 3-7 days and may include: hot and cold sensitivity and sore areas around the treated teeth and site of local anesthetic injection.
- For the first 24 hours after this procedure eat a healthy soft diet and avoid the following: popcorn, granola, or any food containing seeds, spicy foods, and hot liquids.
- Do not smoke or chew tobacco for 72 hours after the procedure to allow healing.
- Continue normal brushing, flossing, and Waterpik routine this evening.

## Perio Maintenance

- The care of your gums and teeth after treatment is critical to enhance healing and maintain your periodontal disease.
- Perio maintenance appointment every three months is necessary to check the health of your gums and help prevent bone loss.