



What to Expect Following Your Scaling & Root Planning Procedure

POST SURGICAL INSTRUCTIONS

Oral Hygiene

Rinse your mouth 2-3 times per day with 1 teaspoon salt in 8 oz. of warm water. Start home care as instructed immediately. In the beginning, you may need to be gentle.

Discomfort

Your gums may feel achy and ibuprofen, as prescribed, will help eliminate mild discomfort. Take 600mg ibuprofen every 4-6 hours for the first day. After the initial dose, you may take 400 mg twice a day up to 8 days as needed for pain OR take your prescribed painkillers as directed. Sensitivity to cold may temporarily occur. Removing all plaque from the tooth and placing a dab of fluoride on the sensitive tooth will stop cold or touch sensitivity in a few days.

FOOD

Your next meal should be soft. Avoid any hard or crunchy foods for the next 3-4 days. Also, be careful of hot foods if local anesthesia was applied until numbness completely wears off.

Swelling

Swelling or jaw stiffness can occur very rarely. If it does, place warm, moist towels to the face in the area of stiffness for 20 minutes.

Tobacco Use

Do not use any form of tobacco following scaling and root planning procedures. Tobacco is an irritant to healing. Refrain from smoking for a minimum of 24 hours.

Follow Up

Be sure to schedule and keep your regular dental hygiene appointments.

Contact Us

If you have any questions or concerns, please don't hesitate to call us at 206-923-3684. If you're calling after hours, our answering system will provide a message for how to reach the on-call doctor.