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**POST SCALING AND ROOT PLANING INSTRUCTIONS**

*Please read and follow these procedures. They will make you more comfortable and prevent any possible complications.*

**CARE OF YOUR MOUTH:** *Rinse your mouth 2-3 times per day with warm (coffee temp.) salt water. One teaspoon salt/8oz water. Start home care as instructed, immediately. In the beginning you may have to be gentle.*

**DISCOMFORT:** *Your gums may become "achy" and a couple of aspirin will eliminate any discomfort. Sensitivity to cold may temporarily occur. Removing all plaque from the tooth and placing a dab of flouride 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, ect. for the next 3-4 days.*

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

**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.*

**EXCESSIVE BLEEDING:** *Seldom occurs, however, if it does place a tea bag (warm moist) in the area of the bleeding.*