



Periodontal Scaling and Root Planning, Post-Operative Care

1. **EATING.** Dental anesthetic has been used. Your lips, teeth and tongue may be still be numb after this appointment. Avoid any chewing, or drinking (hot beverages) until the numbness has completely worn off.

A light diet is advisable during the first 24 hours. Avoid eating on the side treated for 24-48 hours. Softer foods are typically easier to chew since your gums and jaw muscles may be sore as well.

2. **ACTIVITY.** Reduce your activity immediately after procedure, and resume normal activities when you feel back to normal. Avoid high impact/strenuous activity for 24 hours.
3. **DO NOT SMOKE .** The number one reason for delayed healing after periodontal scaling is due to smoking. *Please refrain from smoking for at least 48 hours.*
4. **MOUTH RINSING.** Rinse mouth **gently** every 3 to 4 hours (especially after meals) using one-quarter teaspoon of salt to a glass of warm water. Continue rinses for several days.
5. **BLEEDING.** Following periodontal scaling some bleeding is to be expected for up to 6 hours. If the site is still oozing at bed time, it would be helpful to cover your pillow case. If oozing continues until the next day please call and let us know.
6. **SWELLING.** Ice packs or chopped ice wrapped in a bag should be applied to area of the face adjacent to the area operated to minimize swelling. Place the ice 15 minutes on/ 15minutes off for 2 hours. Ice chips or cold beverages can help in the mouth as well.
7. **PAIN.** Mild to moderate pain is normal for up to 48 hours. Please contact us if your discomfort is more than expected or continues for more than 48 hours.

Over-the-counter (OTC) medications can help to minimize the discomfort and swelling. (Ex. Advil, Tylenol, Aleve). Dr. Alexander may recommend a specific OTC remedy which varies depending on your specific health and circumstances.

8. **BEVERAGE.** It is advisable to not drink alcoholic beverages after periodontal scaling, especially if consuming with prescribed medications.
9. **TOOTH SENSITIVITY.** A common symptom of gingivitis and/or periodontitis is inflammation and swelling of your gum tissues. As this swelling heals after your scaling appointment new areas of your teeth may become exposed. In some instances the newly exposed area can make your teeth feel sensitive to hot or cold beverages and food. If this occurs please let us know. We often have simple remedies.

If any unusual or unexpected symptoms occur, please us.

We always welcome your questions.