



## SCALING AND ROOT PLANNING "DEEP CLEANING" (Post-Op Instructions)

To minimize the discomfort and encourage proper healing following your scaling and root planning, follow these instructions:

1. After the procedure, take a painkiller's tablet before the anaesthetic wears off. Continue to take one tablet every four hours for the next two days.
2. A saltwater solution (1/2 teaspoon salt + 1/2 teaspoon soda + 8 ounces warm water) swished in your mouth for 2 to 3 minutes every hour may make your mouth more comfortable.
3. Use a soft toothbrush at least two times a day. Be gentle and clean thoroughly. Slight bleeding may occur while brushing as the tissues begin to heal.
3. Avoid strong spicy seasonings, and hard crunchy for the next few days.
4. Smoking should be stopped. Success of the treatment will be substantially reduced by the cigarette smoke chemicals in your body.
5. As the tissues heal, some temporary sensitivity to cold may occur. Use a desensitizing toothpaste (such as Sensodyne®), or fluoride gel frequently (at least 4 times/day) for 1 to 2 weeks. Also, the cleaner the teeth are kept, the less sensitive they will be.
6. Faithfully use any other oral hygiene aids that have been recommended (floss, irrigator, rubber tip, mouth rinse, etc).
7. If you have any questions or concerns, please call your dentist's office.

**What to expect following surgery:**

- Bleeding: Small amounts of blood in the saliva can make your saliva appear quite red. This is normal and may be noticed the rest of the day after the procedure.
- Pain: Moderate discomfort may be noticed when the anaesthetic first wears off and may continue for several days.
- Swelling: Some swelling and discoloration of the lip and/or cheek may occur and may last for a few days.
- Sensation: There may be a temporary loss of feeling in the gums in the operated area. The teeth may also feel loose for a time. The teeth may be sensitive to hot and cold temperatures. What to do following the surgery:
- After leaving the office, rest and avoid strenuous activities for the remainder of the day. Keeping blood pressure lower will reduce bleeding and aid healing.
- Take pain reliever every 3 to 4 hours until bedtime to maintain comfort. Take it before the anaesthesia wears off.
- If pain medication is prescribed, take it as you need it. Do not exceed the dose on the label. Taking with food or milk will help reduce upset stomach. Avoid driving or operating heavy machinery when taking pain prescriptions. Do not drink alcohol while taking prescription pain medications.