**Scaling and Root Planing**

 **Post Op Instructions**

Now that you’ve had scaling and root planing therapy, it’s important to follow these recommendations to speed healing.

**Chewing & Eating:**

If we used anesthetic during the procedure, avoid chewing until the numbness has worn off completely. Wait at least 2 hours before eating, and then select a soft diet for the first 48-72 hours, chewing on the opposite side of your mouth. Avoid alcoholic drinks, hot/spicy foods, and anything too hard or crunchy (like potato chips and pizza crust) for the first few days following treatment.

**Tobacco Use:**

Don’t use any tobacco products for at least 72 hours after the procedure because tobacco slows healing.

**Medications & Discomfort:**

To control any discomfort (which varies between individuals), take 600mg ibuprofen (Motrin, Advil) every 6 hours as needed. It is normal to experience some discomfort for the next several days.

For the first 24 hours after treatment, gently rinse your mouth 3 times a day with warm salt water. Use about one teaspoon of salt per glass of warm water.

You have been prescribed a medicated antiseptic rinse, called Chlorhexidine. You will start to use this after 24 hours have passed since treatment, instead of the warm salt water rinses.

**Directions for use:** 15mL undiluted, swish for 30 seconds, and do NOT eat, drink or rinse after for a half hour. This is to be done twice a day, morning and at night, after brushing and flossing. Do this until the bottle is gone, and then switch to Listerine Antiseptic. \*\*The Chlorhexidine MAY stain your teeth, but this can be removed at your next appointment.\*\*

**While using the Chlorhexidine, please do not use toothpaste! The toothpaste will inactivate the properties of the rinse, you can either:**

 **1) brush with regular toothpaste and WAIT a half hour before rinsing, or 2) dip your toothbrush in the rinse to moisten it and brush normally and then rinse right after.**

**(see back for more instructions)**

**Brushing & Flossing:**

Brush the treated area very lightly the first night. To make this more comfortable, first rinse your brush under hot water to soften the bristles.

The next day, begin flossing the area very lightly, and gradually return to normal brushing and flossing over the next week.

Sensitivity is NORMAL. You will be given a sample today of desensitizing toothpaste to help minimize any sensitivity you may have.

**Your compliance is important.** In order to halt the progression of periodontal disease (there is no cure) it is very important that you come in every 3 months after your periodontal scalings, and keep up with your home care to help maintain the progress we have made!