



## Scaling and Root Planing Post Operative Instructions

At today's visit you had quadrant scaling and root planning performed. Your comfort is extremely important to us. These are some of the things that you may experience:

- ◆ The gum tissue in the area treated may be tender for 1-5 days due to deep debridement of the area.
- ◆ Cold sensitivity may be experienced. Toothpaste for sensitive teeth would be beneficial to decrease sensitivity.
- ◆ Warm salt water rinses 3-4 times a day (1/2 teaspoon salt in an 8 ounce glass of warm tap water) will soothe the affected area immediately following procedure. Patients with HBP may use over-the-counter peroxyl rinse.
- ◆ If you are not allergic, anti-inflammatories such as Advil, Motrin, Alleve or aspirin can be helpful.
- ◆ The most important recommendation is to continue with the prescribed oral hygiene home care regimen to avoid heavy plaque build up to healing tissues.