



Post Procedure Instructions

Periodontal Scale and Root Plan Home Care

Care of the mouth: All areas should be brushed and flossed as usual as long as they do not cause you discomfort. Start rinsing with Peridex first. You may find rinsing with warm salt water is soothing (1/4 tsp salt in 1 8oz glass of warm water). Do not use mouth rinse that contains alcohol.

Discomfort: You can expect little to no discomfort in your gums. Discomfort will vary according to the extent of your periodontal infection. The best method to maintain comfort is to take 600-800mg of ibuprofen every 6-8 hours; do not wait until it hurts. Discomfort is made worse by smoking and poor diet.

Tooth sensitivities: On occasion, some patients may have increased sensitivity to temperature or sweets. If this happens to you, please let us know at your next visit. It usually resolves by itself, but there are some medications that can be applied to the tooth that can help reduce sensitivity.

Fever and chills: On rare occasion, some patients can have an earache, headache, and/or discomfort in the jaw muscles after dental treatment. This happens more often in patients who grind or clench their teeth. Ibuprofen should help, but if it doesn't let us know at your next visit.

Antibiotics: If you were prescribed antibiotics, please take as directed until all gone.

Bleeding: A slight amount of bleeding for several hours following is common. If the bleeding persists, call our office.

Please refrain from eating and drinking hot beverages until the numbness has completely worn off. Avoid all hard or crunchy foods for at least 3 weeks, ex. popcorn, nuts, seeds, chips, granola