



SCALING AND ROOT PLANING/DEEP CLEANING POST-OPERATIVE CARE INSTRUCTIONS

After scaling and root planing, avoid eating anything on the area being treated for two hours or until the dental anesthetic has worn off completely. Avoid any hard “chippy” foods such as tortilla chips, potato chips, popcorn, or seeds for the next several days.

To help soothe the area, rinse your mouth 2-3 times a day with warm salt water rinses. Use one teaspoon of salt for every 3 ounces of water. If you are prescribed Peridex/Chlorhexidine, use as directed.

Resume your homecare regimen of brushing twice a day and daily flossing immediately, but be gentle with the area recently treated. Your gum health must be maintained with proper homecare, as instructed, and regular dental visits.

Refrain from smoking for 24 to 48 hours after scaling and root planing. Tobacco will delay healing of the tissues.

You may take a non-aspirin pain reliever for any tenderness or discomfort. Take Ibuprofen (Advil) and/or Tylenol unless you are allergic or have medical conditions that prevent you from taking these medications.

TIME	MEDICATION	DOSE
8:00 AM	Acetaminophen (Tylenol)	1000mg (2 tablets)
11:00 AM	Ibuprofen (Advil)	600mg (3 tablets)
2:00 PM	Acetaminophen (Tylenol)	1000mg (2 tablets)
5:00 PM	Ibuprofen (Advil)	600mg (3 tablets)
8:00 PM	Acetaminophen (Tylenol)	1000mg (2 tablets)

Do NOT exceed 2400 mg (12 tabs) of ibuprofen in a 24 hour period!!!

Do NOT exceed 4000 mg (8 tabs) of Tylenol in a 24 hour period!!!

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You may experience some cold sensitivity, this is normal. Any sensitivity should gradually go away in a few weeks. If needed, you can use desensitizing toothpastes, such as Crest Sensitivity, Colgate Sensitive Pro-Relief or Sensodyne. Avoid toothpastes with “whitening” or baking soda, as this will increase the sensitivity.

If you have persistent discomfort or swelling that occurs after your appointment, contact the office for instructions as soon as possible.

ARESTIN Post-treatment instructions

1 Week after treatment

- Do not touch the sites treated with ARESTIN
- Do not chew hard, crunchy or sticky foods (such as carrots, taffy or gum)

10 Days after treatment

- Do not floss or use other tools to clean between the treated teeth.
- Mild-to-moderate sensitivity is normal. Call our office if you experience severe pain or signs of an allergic reaction (such as itching or swelling)