



POST-OP INSTRUCTION FOR SCALING & ROOT PLANING

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

- After the procedure, take aspirin, Tylenol or Advil before the anesthetic wears off. Continue to take one table every four hours for the next two days.
- A saltwater solution (1/2 tsp salt +8 ounces of warm water) swished in your mouth for 2 to 3 minutes every hour may make your mouth more comfortable.
- Use a soft toothbrush at least 2 times a day. Be gently and clean thoroughly. Slight bleeding may occur while brushing as the tissue begins to heal.
- Avoid strong spicy seasonings and hard crunch for the next few days.
- Smoking should be stopped. Success of the treatment will be substantially reduced by cigarette smoke chemicals in your body.
- As the tissues heal, some temporary sensitivity to cold may occur. Use a desensitizing toothpaste (such as Sensodyne), or fluoride gel (such as Prevident) frequently (at least 4 times a day) for 1 to 2 weeks Also , the cleaner the teeth are kept, the less sensitive they will be.
- Faithfully use any other oral hygiene aids that have been recommended (floss, Perio-Aid, rubber tip, Sonicare, Proxabrush, Gel-Kam, Peridex etc.)

Please contact Dr. Joshua Weiler at The Hamptons Dentist for any further questions or concerns:

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