



POST-OP INSTRUCTION FOR SCALING & ROOT PLANING

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

- 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.
- Use any other oral hygiene aids that have been recommended (floss, Perio-Aid, rubber tip, Sonicare, Proxabrush, Gel-Kam, Peridex etc.)
- **Pain:** You should begin taking pain medication as soon as you feel the local anesthetic wearing off. The recommended regimen for pain is:

1 Extra Strength Tylenol (500mg) with 2-3 Ibuprofen (400-600mg) every 6-8 hours, as needed.

DO NOT TAKE ANY OF THE MENTIONED MEDICATION IF YOU ARE ALLERGIC OR HAVE BEEN INSTRUCTED BY YOUR DOCTOR NOT TO TAKE IT.

Please contact Dr. Weiler with any further questions or concerns:

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(If contacting after office hours, please send a text message to the office phone number listed above)