



Scaling and Root Planing/Deep Cleaning **Post-Operative Instructions**

Do not eat anything until the anesthesia wears off, as you might bite your lips, cheek, or tongue and cause damage. You will probably have some discomfort when the anesthesia wears off; you can take a **non-aspirin** pain reliever as directed.

Medications:

- ❖ If you have no medical contraindications, you can take Ibuprofen or Advil 600mg every 4-6 hours if necessary. Do NOT exceed 2400mg in a 24 hour period

OR

- ❖ If you have no medical contraindications, you can take extra strength Tylenol 1000mg every 4-6 hours if necessary. Do NOT exceed 4000 mg in a 24 hour period

Discomfort:

Slight swelling of the area is not unusual. Even chapped lips may occur. A reusable ice bag or frozen vegetable bag, wrapped in a soft towel, may be applied to the area of deep cleaning to help minimize the swelling in the area. Alternating 20 minutes on and 20 minutes off will usually be adequate during the first 24 hours after deep cleaning.

You may experience some tooth sensitivity after deep cleaning, especially to cold. Sensitivity usually decreases within several weeks after deep cleaning and can be minimized by keeping the area as free of plaque as possible and using Sensodyne toothpaste. If the sensitivity is extreme, contact the doctor for recommendations or medication to relieve the discomfort.

Bleeding:

Minor bleeding, such as a pinkish tinge to your saliva, may occur during the first 48 hours. You may rinse your mouth with warm salt water, but avoid extremely hot foods for the rest of the day. If bleeding continues, apply light pressure to the area with a moistened gauze or moistened tea bag. Keep in place for 20-30 minutes.

If bleeding increases or occurs past the initial 48 hours, please call our office as soon as possible to notify the doctor and receive further instructions.

Eating/Diet:

You may eat as tolerated after the numbness has worn off. Avoid sticky, hard (such as ice cubes, nuts, popcorn, chips), brittle, spicy, highly seasoned, or acidic foods in your diet. Foods such as soups, pasta, scrambled eggs, mashed potatoes, mac&cheese, etc are best. Be sure to maintain adequate nutrition and drink plenty of fluids.

Avoid smoking 7-14 days following the deep cleaning procedures, as smoking will delay the healing of your gums. In addition, please strongly consider quitting smoking.

Homecare:

Brush and rinse 2x/daily for the first two weeks.

After 2 weeks, move into brushing 2x/day and rinsing 1x daily using the same regimen until next hygiene visit (normally 3-4 months after deep cleaning).

Try to relax and practice the best oral hygiene possible and your healing should progress well. If you have any questions or concerns, please call us.