

Home Care After Scaling and Root Planing (Periodontal Therapy)

1. Rinse with warm salt water every few hours (1/2 tsp salt in 8 oz water).
2. Rinse with Closys mouth rinse (dispensed at your appointment) to reduce oral bacteria. (Read instructions on bottle)
3. Be careful not to bite or chew your lip, cheek or tongue while numb. Avoid chewing and drinking hot liquids for 2 hours after this procedure or until numbness has worn off.
4. Drink plenty of water.
5. Eat a soft healthy diet like yogurt, soft cooked eggs or soup if sensitive.
6. **DO NOT** smoke or chew tobacco for 72 hours to allow healing.
7. Gently brush and floss your teeth after each meal (soft toothbrush always).
8. Take pain medication according to directions of label for a couple days to help with discomfort if needed. Ibuprofen is a great anti-inflammatory. **DO NOT** take aspirin unless advised by your doctor. It must be remembered that a side effect of aspirin is an increase in bleeding by inhibiting blood clotting, making it unsuitable following scaling and root planing.
9. It is common to have some sensitivity or discomfort following this procedure. Discomfort at the injection site, from prolonged opening of the mouth, gum tenderness or cold sensitivity. (Tartar can sometimes act like insulation on the teeth, when the tartar is removed cold air may cause discomfort).
10. It is advised to visit your dentist/hygienist every 3 to 4 months following this procedure for periodontal maintenance visits to maintain health and prevent further infections.

Your HOME CARE is vital to the success of your health.

