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AFTER CARE INSTRUCTION FOR SCALING AND ROOT PLANING ('DEEP CLEANING')

Please read the following recommendations. These instructions are intended to make you more comfortable following the scaling and root planing procedure. Following these instructions carefully will help to prevent possible complications.

Care of Your Mouth: Rinse your mouth 3-6 times per day with warm salt water for 7-10 days. Rinse with Perio Wash twice daily, once in the morning and at bedtime. (Additional Perio Wash can be obtained by calling 1-888-828-8228 or visiting www.taooferbs.com.) On the day of treatment, begin your home care as instructed. The gum tissue may be tender at first. Do not be put off by this. It is very important to complete your home care routine to ensure proper healing. The gum tissue will become less sensitive overtime, as the healing progresses.

Discomfort: Your gum tissue may feel "achy" for the next week. Over the counter Ibuprofen 800 mg or 4 tablets (recommend Advil Liquigels), will help to alleviate this discomfort. Tylenol is not recommended. Sensitivity to cold may occur following this procedure. For cold sensitive areas, remove all plaque from the tooth and place a dab of fluoride toothpaste on the sensitive area. Repeated applications over a period of 7-10 days may reduce the sensitivity. "Sensitive tooth" toothpaste, i.e. Crest Sensitive, Sensodyne may also help to alleviate cold sensitivity with repeated use.

Eating: Your next meal should consist of soft foods. Avoid hard crunchy foods such as potato chips, popcorn, tortilla chips, etc. You will be able to return your normal eating patterns over the next few days, as you become more comfortable.

Swelling: Swelling and/or jaw stiffness is not common. Should this occur in the first 24-28 hours, place a warm compress over the affected area. Should any swelling not resolve within 72 hours, or should the swelling be accompanied with discomfort not alleviated with 800 mg Ibuprofen, call the office immediately.

Smoking: Do not smoke or use tobacco of any kind for 72 hours. Tobacco use slows the healing process and increases the chance of post operative complications.

Should any concerns arise, please call our office immediately.