

FOREST ACRES DENTISTRY

Post Operative Instructions following Scaling & Root Planning

The scaling and root planning procedure that was done today is in efforts to treat the area of gum disease/bone loss that we discussed previously. The tooth/area was thoroughly cleaned underneath and around the gum using special instruments. The following are some instructions to help you understand what to expect and how to care for the area after this procedure.

Discomfort

- You can expect the area to be sore for several days after the procedure.
- Soreness can range from tenderness to pain.
- It is important to take medication for the discomfort even before the anesthesia wears off.
- Please take the prescribed medication as indicated by your doctor **OR**
- Take OTC Ibuprofen or Tylenol for the next two days and subsequently as needed

Swelling

- A reusable ice bag or frozen vegetable bag can be applied to the area to minimize swelling. Doing this **20 minutes on and 20 minutes off** will help in the first 24-48 hours after the procedure.

Bleeding

- A small amount of bleeding consisting of blood-tinged saliva is common the first day.
- You may apply pressure to the area with a gauze pack for **20 minute increments** until you notice the bleeding stops.
- If bleeding persists after the initial 48 hours, please contact our office.

Tooth Sensitivity

- Your teeth may become sensitive after the deep cleaning.
- Sensitivity usually decreases within several weeks after treatment.
- Keep the area free of plaque and gently continue your normal hygiene routine for best results.
- Contact us if the sensitivity increases or persists.

Eating/Diet

- You may eat as tolerated when the numbness wears off. Preferably soft foods.
- Avoid spicy, crunch, and hard foods. No foods with small seeds.
- Ideal food options include – soups, pasta, eggs, mashed potatoes, etc.
- Drink plenty of fluids to maintain adequate hydration and nutrition.

Homecare

- Continue your routine dental hygiene, with special care to be gentle around the surgical area.
- If your doctor prescribed a mouth rinse, use it as indicated.
- Otherwise, use lukewarm water and salt rinses, 4 times a day, swishing for 30 seconds.

Questions or Concerns

Please feel free to call our office with questions or problems anytime at 803-782-0965