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## **Post-Op: Scaling and Root Planing**

**ACTIVITY:** After leaving our office today, we suggest you consider relaxing or, at least, limiting your activity for an hour or two. Avoid strenuous activity today and aerobic exercise such as running, tennis, weight lifting, etc.

**DISCOMFORT:** It is normal to experience some discomfort for several days after scaling and root planing, including sensitivity to cold or touch. To reduce soft tissue soreness, you may rinse your mouth 2-3 times per day with warm salt water (1/4 tsp. of salt in a cup of warm water). Generally, 400 to 800mg Ibuprofen (i.e. two to four over-the-counter tablets of Advil, Motrin, or generic Ibuprofen) every six hours is all that is needed for post-operative soreness. If you have an allergy or sensitivity to Ibuprofen, or have been advised not to use it, you may take up to 1000mg of Acetaminophen (i.e. three regular Tylenol tablets or two extra-strength Tylenol tablets) every six hours.

**ORAL HYGIENE:** It is important to continue to brush and floss normally to keep all areas of your mouth clean. Also, rinse as described above as needed.

**INFECTION:** Infections are rare, but can occur after scaling and root planing. If you notice that a few days after your procedure pain and gum swelling are increasing, please call our office.

**BLEEDING:** Bleeding will stop slowly, and light bleeding may continue for a few hours after scaling and root planing. If bleeding persists or increases, please call our office.

**EATING AND DRINKING:** After each appointment when an anesthetic has been used, your lips, teeth and tongue may be numb for several hours after the appointment. Avoid any chewing until the numbness has completely worn off. Also avoid spicy, hot, acidic and hard foods for a few days while your gums heal from the scaling and root planing.