

Post Operative Instructions: Scaling and Root Planing

Please read and follow these procedures. They will make you more comfortable and prevent any possible complications.

- **Oral Hygiene:** Rinse your mouth 2-3 times per day with warm salt water (one teaspoon of salt to 8 ounces of water). Start home care, as instructed, immediately. In the beginning you may have to be gentle. It is normal to see mild bleeding for the first few days when flossing and brushing however this will discontinue once the inflammation decreases.
- **Discomfort:** Your gums may become "achy" and a couple of Advil will eliminate any discomfort. Sensitivity to cold may temporarily occur. Insuring removal of all plaque and food from teeth and using Sensodyne toothpaste and/or a fluoride rinse will slowly reduce sensitivity. Also, if you've had local anaesthetic ("freezing"), the injection sites may feel bruised or tender but that will subside within a few days.
- **Eating:** Your next meal should be soft. Avoid any hard, crunchy foods like potato chips, popcorn, etc. for the next 3-4 days. Avoid extreme temperatures and spicy food if you can.
- **Swelling:** Swelling or jaw stiffness occur very rarely however, if it does, place warm moist towels to the face in the area of stiffness.
- **Smoking:** Please do not smoke following scaling and root planing procedures. Tobacco smoke is an irritant to healing. Refrain from smoking for 24 hours or longer.

If any problems arise feel free to call the office or Dr. Michaels at 416 219 2513