



International Member
American Academy of Periodontology



Dr Kuljeet Mehta Specialist in Periodontics and Implant Surgeon
Practice Limited to Periodontics and Dental Implants
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Post Scaling & Root Planing – Home Care Instructions

PLEASE READ AND FOLLOW THESE PROCEDURES. THEY WILL MAKE YOU MORE COMFORTABLE AND PREVENT ANY POSSIBLE COMPLICATIONS.

- 1. CARE OF YOUR MOUTH:** Start brushing, flossing, and continue your prescribed oral hygiene regime immediately. You may have to GO EASY at first, but make every effort to keep your mouth plaque free. We recommend rinsing your mouth several times on the day of treatment, with warm salt water (1/2 teaspoon salt + 8 ounces warm water) swished in your mouth for 2 to 3 minutes every hour may make your mouth more comfortable.
- 2. DISCOMFORT:** Some discomfort is expected when the anaesthesia wears off. Normally, mild pain relievers like aspirin or Ibuprofen are adequate to control any post-operative discomfort.
- 3. TOOTH SENSITIVITY:** Sensitivity to cold or touch may temporarily occur. Removing all plaque from the tooth surfaces and brushing with a fluoride tooth paste or fluoride will usually reduce or eliminate sensitivity in a day or two.
- 4. EATING:** Your next meal should be soft. Avoid any hard, gritty foods such as peanuts, popcorn, chips, hard bread for at least 3-4 days. Also, it is best to avoid hot, spicy foods and alcohol for at least 24 hours. A diet of a softer consistency is advisable until chewing becomes more comfortable.
- 5. BLEEDING:** Some slight bleeding may occur during the next several brushings, but the bleeding should steadily decrease after two or three days.
- 6. APPEARANCE:** Root surfaces may be more exposed as the swelling of the inflamed gum tissue goes away. This may result in more open space between teeth.
- 7. SMOKING:** Please refrain from smoking for 24 hours or longer after scaling and root planning procedures. Tobacco use interferes with the healing.
- 8. EXERCISE:** Avoid any aerobic activity for the rest of the day; e.g., jogging, tennis, anything strenuous. Take it easy.

If any problems arise, please feel free to call our Clinic.

Dr. kuljeet Mehta, BDS, FDS RCS (Eng), MClintDent, MRD (Perio) RCS (Ed) Registered Specialists in Periodontics.
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Procedures include: Treatment of Periodontal Disease - Gum Disease, Dental Implants, Cosmetic Periodontics including Gum Grafting, Crown Lengthening, Ridge Preservation, Bone Regeneration & Bone Grafting.

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