

# Scaling and Root Planing

## Post-Operative Instructions

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To minimize discomfort and encourage proper healing following your scaling and root planing, follow these instructions on an as-needed basis:

- After the procedure, take Aspirin<sup>®</sup>, acetaminophen (Tylenol<sup>®</sup>), or ibuprofen (Advil<sup>®</sup>). Confirm with your family doctor if you have any medical conditions that preclude certain analgesics.
  - A saltwater solution (1/2 teaspoon salt + 1/2 teaspoon soda + 8 ounces warm water) swished in your mouth for 2 to 3 minutes every hour may make your mouth more comfortable.
  - Use a soft toothbrush at least two times a day. Be gentle and clean thoroughly. Slight bleeding may occur while brushing as the tissues begin to heal.
  - Avoid strong spicy seasonings, and hard crunchy foods for the next few days. Smoking should be stopped. Success of the treatment will be substantially reduced by the cigarette smoke chemicals in your body.
  - As the tissues heal, some temporary sensitivity to cold may occur. Use a desensitizing toothpaste (such as Sensodyne<sup>®</sup>), or fluoride gel (such as Prevident<sup>®</sup> or Gel-Kam<sup>®</sup>) frequently (at least 4 times/day) for 1 to 2 weeks. Also, the cleaner the teeth are kept, the less sensitive they will be.
  - Faithfully use any other oral hygiene aids that have been recommended (floss, Perio-Aid<sup>®</sup>, rubber tip, Sonicare<sup>®</sup>, Proxabrush<sup>®</sup>, Gel-Kam<sup>®</sup> fluoride, Peridex<sup>®</sup> mouthrinse, etc).
  - If you have any questions or concerns, please contact us at [www.publish.uwo.ca/~kzhou54](http://www.publish.uwo.ca/~kzhou54) or call 519-661-3326 Ext. 89380
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