

PATIENT INSTRUCTIONS AFTERSCALING AND ROOT PLANING

Immediately After Treatment

- **Eating and Drinking:** Wait until the anesthesia numbness has completely worn off before eating or drinking anything to avoid biting your tongue, lip, or cheek.
- **Sensitivity:** Your gums and teeth may be sensitive, especially to temperature extremes (cold and hot) for a few days to a few weeks.

First 24-48 Hours

- **Diet:** Avoid hot, spicy, salty, or crunchy foods. Refrain from consuming seeds, husks, popcorn and other small, hard foods that could get lodged in hard-to-reach areas. Prefer chewing on the untreated side.
- **Activity:** Limit physical activity, especially strenuous exercise, for 24-48 hours.
- **Alcohol and Smoking:** Do not consume alcohol or smoke for at least 48 hours.
- **Prescriptions:** Continue to take all your usual medicines as directed. If your dental specialist prescribed a specific mouthrinse or toothpaste, use it as directed.

Oral Hygiene

- **Rinsing:** Gently rinse 2-3 times a day with warm saltwater (1/2 tsp salt in a cup of warm water) is the best to facilitate healing. CloSYS® is a good alternative over the counter, alcohol-free, anti-bacterial rinse.
- **Brushing and Flossing:** Continue with your regular brushing and flossing routine while being gentle around the treated areas during the first few days to allow for proper healing.

Discomfort & Bleeding

- **Pain:** Some discomfort is normal as the anesthesia wears off. Over-the-counter pain relievers like Tylenol® or ibuprofen can help. Follow product instructions.
- **Bleeding:** A small amount of bleeding or reddish-colored saliva is normal for the first 24 hours. If bleeding continues, apply gentle pressure with a moistened gauze or tea bag for 20-30 minutes.
- **Excessive Bleeding:** If bleeding is severe or if it persists beyond a few hours, please contact our office.

Please contact our office at **310-378-9261** with any questions or concerns.