



## **SCALING AND ROOT PLANING POST-OPERATIVE INSTRUCTIONS**

1. Scaling and root planing is a non-surgical treatment of periodontal disease. The purpose of the treatment is to remove bacterial plaque and tartar from around teeth and under the gum line. The goal is to produce clean, smooth teeth and roots, which will promote healing of the inflammation and infection of gum disease.
2. After scaling and root planing, avoid eating anything on the area being treated for two hours or until the dental anesthetic has worn off completely. Avoid any hard “chippy” foods such as tortilla chips, potato chips, popcorn, or seeds for the next several days.
3. To help soothe the area, rinse your mouth 2-3 times a day with warm salt water rinses. Use one teaspoon of salt for every 3 ounces of water.
4. Resume your home care regimen immediately, but be gentle with the area recently treated. • Refrain from smoking for 24 to 48 hours after scaling and root planing. Tobacco will delay healing of the tissues.
5. You may take a non-aspirin pain reliever for any tenderness or discomfort. Take ibuprofen (Advil) or Tylenol unless you are allergic or have medical conditions that prevent taking these medications.
6. If you have persistent discomfort or swelling that occurs after scaling and root planing, contact the office for instructions as soon as possible