

## Home Care Instructions After Scaling and Root Planing

### Activity

After leaving our office today, we suggest that you consider relaxing or at least limiting your activity for an hour or two. Avoid strenuous activity today and aerobic exercise; such as, running, weight lifting, etc...

### Numbness/Anesthesia

Your mouth will be numb for the next several hours. Be careful not to bite your lips or tongue and avoid hot beverages and foods until numbness wears off.

### Diet

Avoid any hard, crunchy, sticky, spicy, hot, acidic foods for the next 2-4 days while your gums heal from the scaling and root planing.

### Comfort

It is normal to experience some discomfort for several days after scaling and root planing, including sensitivity to cold or touch. To reduce soft tissue soreness, you may rinse your mouth 2-3 times per day with warm salt water (one teaspoon of salt in a cup of warm water). Generally, 400 to 800mg Ibuprofen (i.e. two to four over-the-counter tablets of Advil, Motrin or generic ibuprofen) every six hours, is all that is needed for post-operative soreness. If you have an allergy or sensitivity to Ibuprofen or have been advised not to use it, you may take up to 1000mg of Acetaminophen (i.e. three regular Tylenol tablets or two extra-strength Tylenol tablets) every six hours.

### Oral Hygiene

It is important to continue to brush and floss normally to keep all areas of your mouth clean. If PerioRx (Chlorhexidine) is recommended, it should be used for 2 weeks at a time, and then not used for 1 month. Rinse twice a day with ½ ounce for 30-60 seconds. Rotate PerioRx and Listerine monthly. Don't rinse with water after use. Whitening toothpaste will help limit the staining caused by PerioRx.

### Infections

Infections are rare, but can occur after scaling and root planing. If you experience an increase in pain and gum swelling for a few days after your procedure, please call our office.

### Smoking

Please do not smoke following scaling and root planing procedures. Tobacco smoke is an irritant to healing. You must refrain from smoking for 24-48 hours, or longer if possible.

### Bleeding

Bleeding will stop slowly, and light bleeding may continue for a few hours after scaling and root planing. If bleeding persists or increases, please call our office.

### Follow up

Because the bacteria that cause periodontal disease are persistent, the infection can return. Please be sure to make follow-up appointments with your dental professional to maintain healthy gums and teeth. It is important to keep all of your dental appointments so that your dental professional can re-examine your gums, make sure infection is under control, and measure the success of your treatment.

If you have any questions or concerns, please call your main office. After office hours, you can call us at (504) 265-1304 or email us at [info@geauxsmiles.com](mailto:info@geauxsmiles.com).