



POST SCALING AND ROOT PLANING INSTRUCTIONS

Please read and follow these procedures. They will make you more comfortable and will help to prevent any possible complications.

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 free of plaque. We recommend rinsing your mouth several times on the day of treatment with warm salt water (use $\frac{1}{4}$ tsp. salt to 8 oz. water).

DISCOMFORT

Some discomfort is expected when the anesthesia wears off. Usually a couple of acetaminophen or ibuprofen will eliminate any discomfort. Sensitivity to cold or touch may temporarily occur. Removing all plaque from the tooth surfaces and brushing with a fluoride toothpaste or gel that we may prescribe will usually reduce or eliminate sensitivity in a day or two.

EATING

Your next meal should be soft. Avoid any hard, gritty foods such as peanuts, popcorn, chips, or hard bread for at least 3-4 days. Also, it is best to avoid hot, spicy foods and alcohol for at least 24 hours.

BLEEDING

Slight bleeding may continue for several hours following the procedure. This is not unusual and should stop. If bleeding persists beyond a few hours, please call our office.

SWELLING

Very seldom does swelling occur. If it does, rinse your mouth every couple of hours with warm salt water (use $\frac{1}{4}$ tsp. salt to 8 oz. water).

SMOKING

Please refrain from smoking for 24 hours or longer after scaling and root planing procedures. Tobacco use interferes with the healing.

EXERCISE

Avoid any aerobic activity, e.g., jogging, tennis, racket ball, or anything strenuous, for the rest of the day. Take it easy.

Be sure to call our office (Portland Perio Implant Center) if you have any questions or concerns. If you believe you have an emergency situation at any time, call the office at (503) 224-3853 or Dr. Haghigiat's cell phone at (503) 358-2605.