

Periodontal – Scaling & Root Planing

Post Operative Instructions

Please read and follow these procedures. They will keep you more comfortable, and prevent possible complications.

- As part of your treatment today, your Hygienist may have prescribed a rinse for you to use 2 to 3 times a day. Be sure to start the rinse, brushing and flossing right away. You may need to be gentle at first. The ultimate success of this treatment is dependant on your home care regime and follow-up treatment in our office. Your Hygienist may have prescribed a rinse and/or other tools to help clean your teeth. Those should be started immediately.
- Your anesthesia will last up to a few hours after your visit.
- As the anesthesia is wearing off, if you feel tenderness or discomfort take two (2) Ibuprofen tablets. (If you cannot take Ibuprofen, then take what you would for relief for a headache.) Most patients do not need any additional pain medication. You may continue to take Ibuprofen every 4 to 6 hours as directed, if needed.
- It is recommended that you wait until the anesthesia completely wears off before eating. Do most of your chewing on the untreated side of your mouth. Meals for your first day should be soft. Avoid hard, crunchy foods like chips, pretzels, and popcorn for next 3-4 days.
- Should you experience any swelling, (seldom does this occur); place cold compresses to the face in the area of stiffness for intervals of 15 minutes. (A cold compress is crushed/cubed ice covered with washcloth or towel.)
- Smoking should be avoided following scaling and root planning procedures. Tobacco smoke is an irritant to healing. Please refrain for 24 hours or longer.
- Call Dr. Sullivant at (870)425-4242 with any additional questions.