

## Post-Operative Care Instructions – Scaling and Root Planing

Scaling and root planing is a non-surgical treatment for periodontal (gum) disease. The procedure removes bacterial plaque and tartar from around your teeth and beneath your gum line. The treatment cleans and smooths your teeth and roots. It promotes healing from inflammation and infection associated with gum disease.

### After your procedure it is important to...

- Avoid eating and chewing on the treated area for two hours following treatment or until your anesthesia wears off.
- Avoid hard foods such as chips, popcorn, and seeds for several days.
- Rinse your mouth two to three times per day with a warm saltwater mix. Use one teaspoon of salt to three ounces of water.
- Resume your home oral hygiene routine. Be gentle in the area of your treatment.
- Avoid smoking for 24 to 48 hours after your procedure.
- Use a *non-aspirin* pain reliever (Advil, Tylenol, etc.) according to your medical conditions.

Please contact our office if you have persistent discomfort or swelling following your procedure