

POST OPERATIVE INSTRUCTIONS

Tatum Creek Family Dentistry, L.L.C.

AFTER YOUR ROOT PLANING AND SCALING TREATMENT

These are some helpful suggestions that will increase your comfort and help you to receive the maximum benefit from your periodontal treatment.

1. Tenderness is normal after a scaling. To reduce tenderness and promote healing, rinse with warm salt water every two to three hours, if possible. Use $\frac{1}{2}$ teaspoon salt in 4 ounces of water.
2. In the treated quadrants, it is recommended that you do not brush or floss your teeth or smoke for the first 24 hours after treatment. However, after 24 hours, it is very important that you continue to brush well. Please be careful when brushing and use a toothbrush with soft bristles. You may moisten the brush with warm water if tissue is tender. Avoid vigorous chewing in the treated quadrants.
3. Highly nutritious food is necessary for the healing process. Avoid foods that require excessive chewing as well as sticky, crunchy, or course foods. Foods high in Vitamin C are recommended such as broccoli, brussel sprouts, spinach, citrus fruits and tomatoes.
4. You may gently massage the areas with clean fingers. This will increase the circulation to the areas and promote healing.
5. Over-the-counter pain reliever may be used as recommended for discomfort.
6. Be advised that tooth sensitivity can occur and is temporary. You may want to use a desensitizing toothpaste such as Sensodyne.
7. Please contact our office should you experience prolonged bleeding or any other problems during the healing process at 480-488-0686.