

## Post Operative Instructions for Scaling & Root Planning

*Now that you have been treated for periodontal disease here is what you need to know*

- \* The anesthetic will take approximately 2-4 hours to wear off.
- \* Be very careful not to eat things that require a lot of chewing as you could bite your tongue and/or cheek.
- \* Some mild to moderate sensitivity is normal during the first few days following treatment.
- \* You may experience some cold sensitivity to the teeth during the first 24 hours
- \* Warm salt water rinses may be recommended to facilitate healing  
1tsp of salt to 8oz. of warm water, stir, swish, and then spit out  
after rinsing, Do this 2 x a day.
- \* Brush teeth 2 – 3 times a day
- \* Floss once a day
- \* Certain medications can adversely affect your gums. Please advise the hygienist of any changes in medications
- \* ***Regular Check-ups are critical to your treatment, the most typical cases require every 3-4 months intervals***

Please contact our office if there are further questions @ 513.677.0383