



Scaling & Root Planing Post-Operative Instructions

Do NOT eat until the anesthesia wears off, as you might bite your lips, cheek, or tongue and cause injury.

You're likely to have some discomfort once the anesthesia wears off. Mild pain medication is recommended. You may eat as tolerated after the numbness has worn off. Avoid sticky, hard (such as ice cubes, nuts, popcorn) spicy, highly seasoned, or acidic foods the first day. Foods such as soups, pasta, scrambled eggs, mashed potatoes, macaroni & cheese, etc. are best. Be sure to maintain adequate nutrition and drink plenty of fluids.

Medications:

- Ibuprofen (such as Advil or Motrin) is recommended for the first day unless otherwise instructed or if you present any medical conditions or allergies to the medication. Don't exceed 2400mg within a 24 hr period.
- If you're unable to take ibuprofen, you may substitute with Tylenol. Don't take a single dose over 1000mg. Don't exceed 4000mg within a 24h period.
- In some specific cases, antibiotics are prescribed. If you have been prescribed an antibiotic, it's important that you take the medication as instructed until all pills are taken. This will help to achieve a better outcome.

Discomfort:

Slight swelling is possible. A reusable ice pack or a frozen vegetable bag wrapped in a soft towel may be applied to the side of the face to help minimize swelling in the area. Alternating 20 minutes on and 20 minutes off as needed for the first 24 hours is usually sufficient.

Increased tooth sensitivity after scaling, especially to cold, is typically experienced by most patients. Sensitivity usually decreases within several weeks after scaling and can be minimized by keeping the area as free of plaque as possible. You may also use a desensitizing toothpaste (such as Sensodyne) to help control sensitivity. If the sensitivity is extreme, contact our office for further instructions.

Bleeding:

Minor bleeding resulting in a pinkish tinge to your saliva may occur during the first 48 hours. You may rinse your mouth with warm salt water, but avoid extremely hot foods for the rest of the day. If bleeding continues, apply light pressure to the area with a moistened gauze or moistened tea bag. Keep in place for 10-20 minutes. If bleeding increases past the initial 48 hours, please notify our office to receive further instructions.

Homecare:

- Brushing and flossing as instructed is critically important after scaling and allows for the best healing.
- You may also rinse your mouth twice per day with your preferred mouth rinse or warm salt water. This can be prepared by dissolving one teaspoon of salt in an 8-oz glass of water.
- Avoid smoking 7-14 days following the deep cleaning procedures, as smoking will delay healing. In addition, please strongly consider quitting smoking all together.
- It's important to note that you will not receive a complete dental exam while being treated at our office. We recommend you see your general dentist once a year for a complete dental assessment.

Practice the best oral hygiene possible and your healing should progress well. Follow these instructions carefully. If you have any questions or concerns, please call our office at 819-790-9581.

For emergencies or if you're experiencing difficulties related to your procedure and are uncertain about how to proceed, you may reach Dr. Fokam directly at any time outside office hours by calling (or texting) his direct line at 819-790-9581. If there is no answer, leave a message or text and Dr. Fokam will respond as soon as possible.