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SCALING AND ROOT PLANING POST-OP INSTRUCTIONS

Do NOT eat anything until the anesthesia wears off, as you might bite your lips, cheek, or tongue and cause damage. You will probably have some discomfort when the anesthesia wears off; take your non-aspirin pain medication(s) as directed, whether it is prescribed or over-the-counter.

- Please take Ibuprofen, Tylenol or Advil 200 mg every 4-6 hours if necessary.
- An antibiotic may have been prescribed to prevent or minimize infection. Please take the antibiotics as instructed until all tablets / pills are finished.
- Slight swelling of the area is not unusual. Even chapped lips may occur.

You may experience some tooth sensitivity after deep cleaning, especially to cold. Sensitivity usually decreases within several weeks after deep cleaning and can be minimized by keeping the area as free of plaque as possible. If the sensitivity is extreme, contact the doctor for recommendations or medications to relieve the discomfort.

Minor bleeding, such as a pinkish tint 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 20-30 minutes. If bleeding increases or occurs past the initial 48 hours, please call our office as soon as possible to notify the doctor and receive further instructions.

You may eat as tolerated after the numbness has worn off. Avoid sticky, hard (such as ice cubes, nuts, popcorn, chips), brittle, spicy, highly seasoned, or acidic foods in your diet. 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.

Avoid smoking 7-14 days following the deep cleaning procedures, as smoking will delay the healing of your gums. In addition, please strongly consider quitting smoking.

Rinse your mouth 2-3 times per day with your preferred non- alcohol mouth rinse or warm salt water. This can be made by dissolving one teaspoon of salt in an 8-oz glass of water. Start home care as instructed. Do not be concerned if there is mild bleeding during brushing for a few days following the deep cleaning procedure.

*** After hours: Dr. Deana can be reached by cell **919-749-2070** and Dr. Phyllis can be reached by cell **910-262-8486**. If for any reason you cannot reach either doctor, please contact your general dentist.***