



**Information Following Scaling and Root Planing / Periodontal Treatment**

- You can take over-the-counter pain medication for any discomfort you may have.
- Be sure to stay hydrated with lots of water following the procedure!
- Slight swelling or tenderness of the area is not unusual. Rinse with warm salt water to help with the soreness.
- Minor bleeding, such as 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 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 experience some tooth sensitivity following treatment, especially to cold. Sensitivity usually decreases within several weeks after treatment and can be minimized by keeping the area clean and as free of plaque as possible. If the sensitivity is extreme, contact the doctor for recommendations to relieve the discomfort. It can also be addressed at the 4 - 6 week periodontal reevaluation appointment.
- You may eat as tolerated after the numbness has worn off. Soft foods are good if you experience any soreness or tenderness of the gums. Be sure to maintain adequate nutrition and drink plenty of fluids.
- Avoid smoking at least one week following the deep cleaning procedures, as smoking delays the healing of your gums. In addition, please strongly consider quitting smoking. If interested, talk with your hygienist about smoking cessation.
- Be sure to use the chlorhexidine rinse you are given following the procedure. Follow the instructions on the bottle. Fill the liquid to the fill line and swish undiluted for 30 seconds twice a day.
- Try to relax and practice the best oral hygiene possible and your healing should progress well.
- Be sure to attend your 4 – 6 week periodontal reevaluation appointment. We love to see progress and cannot wait to get to help you on the path to a healthy smile!
- If you have any questions or concerns, please call the office number listed below: