



## **Post-operative Instructions Scaling & Root Planning**

- Be cautious and aware of not biting cheeks or tongue while numb from local anesthesia until wears away. Numbing/ Local anesthesia typically lasts for a few hours.
- Sensitivity to cold or spicy foods after SRP treatment can be normal due to the removal of build up/tarter and exposed root surfaces of teeth. Sensitivity tooth paste is recommended, or ask us about our MI Plus Paste which adds calcium and vitamins, reducing sensitivity.
- Most patients experience little to no soreness after treatment. If sensitivity occurs, Ibuprofen can be taken short term to reduce discomfort as needed.
- Avoid eating small seeds, popcorn kernels, or sharp chips for the next 48 hours to avoid gum irritation.
- Rinse with Chlorhexidine morning and night for 30 seconds each to promote gum healing and reduce bacteria.
- It is important to maintain good plaque control to promote optimal healing after scaling and root planning. Brushing at least 2 x a day and flossing at least 1 x a day, especially in the next 4-6 weeks while healing occurs, is recommended.