

## **Care of Mouth Following Scaling and Root Planning**

- ▶ Rinse 2-3 times per day with warm salt water: One teaspoon salt to 8oz of water
- ▶ Your gums may become “achy” – Ibuprofen (Advil or Motrin) will help eliminate any discomfort.
- ▶ Temporary cold sensitivity may occur and is normal: Removing all plaque from the teeth and placing a dab of fluoride toothpaste on the sensitive spots will stop cold sensitivity in a few days.
- ▶ The first meal following treatment should be something soft. Avoid hard/crunchy foods like potato chips, popcorn, pretzels, etc. for the next 3-4 days. Gradually return to your normal diet as tolerated.
- ▶ Swelling or jaw stiffness occurs very rarely, however if it does, place warm moist towels to the face in the area of stiffness. Keeping your head elevated (in a recliner or on several pillows) will help reduce swelling.
- ▶ It is advisable that you refrain from smoking for at least 24 hours following scaling and root planning procedures. Tobacco smoke is an irritant to healing.

**Please call the office if you have any concerns**