

Gary S. Barker, DMD, FAGD

General, Reconstructive & Cosmetic Dentistry

**8131-J Ritchie Highway
Pasadena, Maryland 21122
(410)-647-6453**

POST SCALING & ROOT PLANNING INSTRUCTIONS

1. Begin home care as instructed, immediately
2. Rinse 2-3 times per day with warm salt water: One teaspoon salt to 8oz of water
3. Begin using a water-pik on the second day
4. Your gums may become “achy” – Ibuprofen (Advil) will help eliminate any discomfort.
5. Temporary cold sensitivity may occur and is normal: Removing all plaque from the tooth and placing a dab of fluoride toothpaste on the sensitive spots will stop cold sensitivity in a few days.
6. The first meal following treatment should be something soft. Avoid hard/crunchy foods like potato chips, popcorn, etc. for the next 3-4 days.
7. Swelling or jaw stiffness occurs very rarely, however if it does, place warm moist towels to the face in the area of stiffness.
8. Please **DO NOT SMOKE** following scaling and root planning procedures. Tobacco smoke is an irritant to healing. Refrain from smoking for at least 24 hours.

PLEASE CALL THE OFFICE IF YOU HAVE ANY CONCERNS