

## **Scaling & Root Planing - Post Operative Care:**

Scaling and root planing therapy is a procedure that involves removing bacterial plaque and tartar from the root surface below the gumline with instruments and ultrasonics. The goal of this treatment is to allow reattachment of the gums to the clean root surface and to shrink the periodontal pockets to levels that can be maintained by daily flossing and brushing. The following guidelines have been prepared for you in order to maximize healing and minimize any discomfort.

- Do not eat for at least 2 hours or until the anesthesia has worn off.

### **Avoid for the first 24 hours:**

- Drinking through a straw or sucking motions
- Do not smoke. (It's better not to for 2 days)
- Drinking alcoholic beverages.
- Hot (temperature) foods and spicy foods.
- Avoid using any strong mouthwashes that contain alcohol
- Vigorous physical exercise.

### **Things to Do:**

- You may take a non-aspirin analgesic to relieve any tenderness or discomfort, such as ibuprofen (Advil) or acetaminophen (Tylenol).
- Eat a well balanced soft diet for today. You may chew on the opposite side of the treated area until it is comfortable to chew normally.
- Rinse with a warm salt water rinse, a teaspoon in an 8 oz. glass of water, 3 times a day.
- Brush your teeth very lightly in the treated area the first night. Then begin flossing lightly as well the next day, gradually increasing to normal force by the week's end.
- After flossing and brushing, rinse with chlorhexidine gluconate (Peridex), if it was prescribed, for at least 60 seconds. Do this at least twice daily. Chloraseptic and Cepastat are recommended mouthwashes.
- Several days after treatment your gums should begin to appear pinker, less swollen, and will bleed less when you floss. These are signs of healing and improving periodontal health. If you have any questions or problems, please call our office.



**Dr. Renee Yurovsky**  
1880 John F. Kennedy Blvd., Suite 1111  
Philadelphia, PA 19103  
**(215) 545-1202**

Please feel free to call the office to report any condition that appears to be unusual. We may be reached during regular office hours at (215) 545-1202. If we are not in the office, you will receive instructions as to what to do on our voicemail.