

Scaling & Root Planing (Deep Cleaning) – Post-Op Instructions

After Anesthesia

- Numbness may last several hours; avoid chewing until it fully wears off.
- Be careful not to bite your cheeks, lips, or tongue.

What Was Done

- Plaque and tartar were removed from below the gumline.
- Diseased tissue may have been removed with a laser.
- Goal: allow gums to reattach, reduce pocket depth, and improve long-term gum health.

Normal Post-Op Symptoms

- Mild discomfort, swelling, and slight bleeding are normal.
- Teeth may feel sensitive or slightly loose – this improves with good home care and sensitivity toothpaste.

Pain, Swelling & Bleeding

- Apply a cold compress: **20 minutes on / 10 minutes off** for the first day.
- Take prescribed medications as directed.
- Slight bleeding is expected; call your dentist if bleeding, swelling, pain, or fever worsens.

Diet

- Eat on the **opposite side** for a few days.
- Choose **soft, nutritious foods** and drink plenty of fluids.
- Avoid smoking and alcohol for **48 hours** – they delay healing and increase pain.

Rinsing

- After **24 hours**, rinse gently with warm salt water ($\frac{1}{4}$ tsp salt in 8 oz water) **2–3 times daily**.
- Use chlorhexidine mouthwash **twice daily** as instructed.

Home Care

- Keep your follow-up appointment with your dentist or hygienist.
- Excellent home care is essential for healing.
- After 1 week: gently brush the treated area with a soft brush.
- After 2–3 weeks: resume flossing and using interdental brushes in treated areas.

One-Month Evaluation

Your dentist/hygienist may check:

1. Your home care routine
2. Plaque control
3. Pocket depth changes
4. Gum stability and bleeding

General Notes

- Contact your dentist if symptoms worsen or healing seems abnormal.
- You are responsible for costs if instructions are not followed.