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## Scaling and Root Planing Post-Operative Instructions

- Scaling and root planing is a non-surgical treatment of periodontal disease. The purpose of the treatment is to remove bacterial plaque and tartar from and around teeth, root surfaces, and under the gum line. The goal of the procedure is to produce clean, smooth teeth and roots which will promote the healing of inflammation and infection caused by gum disease.
- After scaling and root planing, avoid eating anything on the area that was treated for two (2) hours. To avoid irritation to the treated area, avoid eating any hard foods such as tortilla chips, potato chips, popcorn, or seeds for the next several days.
- To help soothe and heal the area, rinse your mouth two (2) to three (3) times daily with warm salt water. Mix one (1) teaspoon of salt for every three (3) ounces of warm water, and rinse vigorously with the solution for about one (1) minute.
- Resume your home care regimen of daily brushing and flossing immediately, but be gentle with the area recently treated, especially when flossing.
- Refrain from smoking for 24 to 48 hours after scaling and root planing. Tobacco can delay the healing of the tissues leading to discomfort or infection.
- You may take a non-aspirin pain reliever for any tenderness or discomfort that you experience. Take ibuprofen (Advil) or Tylenol unless you are allergic or have medical conditions that prevent taking these medications.
- If you have any questions about the post-operative care of the areas treated, or persistent discomfort or swelling that occurs after scaling and root planing, contact the office for instructions as soon as possible at (610) 692-4440.

