

## **POST-OP INSTRUCTIONS FOR PERIODONTAL SCALING & ROOT PLANING**

**1. How long will I be numb?** The anesthetic may last up to 6 hours, but 1-2 hours is normal. While your mouth is numb, you can accidentally bite or burn your lip, tongue or cheek. You should wait to eat until numbness has worn off.

**2. Will my gums bleed afterwards?** Yes. Depending on the difficulty of your periodontal condition, some bleeding may occur for up to 24-48 hours. Please call the office if you feel the bleeding is excessive.

**3. How much pain should I expect? Can I go back to work?** Most patients have some discomfort after this procedure - mainly gum tenderness and cold sensitivity. You may take Tylenol or Ibuprofen as directed. Warm salt water rinses (1/2 tsp salt in 8 oz. warm water) will be soothing as well. Going back to work should not be a problem.

**4. Can I brush and floss my teeth tonight?** You can *AND SHOULD* brush and floss as normal. Keeping the teeth plaque/bacteria free will help healing and increase the success of the procedure. Use the Peridex mouthrinse and Clinpro toothpaste that we give you as directed. You may have some slight bleeding for 1-2 weeks while brushing and flossing, this is normal.

**5. Do I have to change my diet today?** After the anesthetic has worn off, you can eat normally.

**6. Can I smoke?** You should try to limit smoking in the first few days after this procedure. Smoking slows down the healing process and is irritating to the gum tissue.

**7. What is the next step after scaling and root planing?** It is imperative that you follow up with us in 3-4 weeks afterwards. At this appointment, we will re-evaluate the gum tissue, gently clean and polish your teeth, and help you perfect your home care.

**PLEASE DONT HESITATE TO CALL WITH ANY QUESTIONS OR  
CONCERNS**

**815-786-9811**