



SCALING AND ROOT PLANING AFTER CARE INSTRUCTIONS

Please wait until the numbness wears off before eating or drinking hot liquids. We don't want you to burn yourself, or bite your lip, cheek or tongue.

We recommend that you use warm salt-water rinses after each visit to decrease any minor discomfort you may experience. Mix one teaspoon of salt in an 8-ounce glass of warm water.

You may also take an over the counter NON-ASPIRIN pain reliever, such as Advil or Aleve. We can give you your first dose before you leave the office.

Since the bacterial deposits causing the gum disease may cover the root surfaces, removing these deposits sometimes causes and increases root sensitivity. Using the fluoride rinse that we prescribe will help alleviate this. We also suggest toothpaste for sensitive teeth without tartar control for a few months.

It is important that you keep the area clean after the deposits have been removed. This is the only way the gum tissue will heal. Please follow the homecare instructions that you have been given.

If you have any concerns or questions, we'd be happy to answer them!