



Patient Post-op Instructions - Scaling and Root Planing ("Deep Cleaning")

To minimize the discomfort and encourage proper healing following your scaling and root planing, follow these instructions:

A saltwater solution (1/2 teaspoon salt + 1/2 teaspoon soda + 8 ounces warm water) swished in your mouth for 2 to 3 minutes every hour may make your mouth more comfortable. It is better to use no salt than to much salt.

Use a soft toothbrush at least two times a day. Be gentle and clean thoroughly. Slight bleeding may occur while brushing as the tissues begin to heal.

Avoid strong spicy seasonings, and hard crunchy for the next few days.

Smoking should be stopped. Success of the treatment will be substantially reduced by the cigarette smoke chemicals in your body.

As the tissues heal, some temporary sensitivity to cold may occur. Use a desensitizing toothpaste (such as Sensodyne®), a fluoride gel (such as Prevident® or Omni-Gel®), or a mineral supplement (MI Paste®) frequently (at least 4 times/day) for 1 to 2 weeks. Also, the cleaner the teeth are kept, the less sensitive they will be.

Faithfully use any other oral hygiene aids that have been recommended (floss, PerioMed® mouthrinse, rubber tip stimulator, Sonicare®, Proxabrush®, Omni-Gel® fluoride, Peridex® mouthrinse, etc).

If you have any questions or concerns, please call the office at 785-539-2314.

To help manage any further discomfort:

- For patients without allergies or contraindications (ie cardiac disease or anticoagulation) to taking non-steroidal anti-inflammatory medications (NSAIDS) or aspirin:*
Naproxen (Aleve) 220mg every 12 hours
or
Ibuprofen (Advil, Motrin) 400mg every 4 hours (not to exceed 3200mg/day)
- For patients unable to take ibuprofen, non-steroidal medications, or aspirin:*
Acetaminophen (Tylenol) 500mg every 4 hours (not to exceed 3000mg/day)