



ROOT PLANING & DEEP SCALING POSTOPERATIVE INSTRUCTIONS

If you have any questions, concerns or problems after the procedure, please contact Dr. Brya at the office during business hours or after hours at home or via cell phone.

Office phone: (517) 381-8181 or Dr. Brya's cell phone: (517) 281-2031

Immediately FOLLOWING ROOT PLANING & SCALING:

- * **DO NOT:** -Rinse mouth vigorously for 24 hours
- Strenuous activity for 24 hours
- Smoke (3 days minimum)

RINSING: The day of the procedure, start warm saltwater rinses 3-4 times per day, especially after meals, to expedite the healing process (1/2 teaspoon salt in a 8oz. glass of water.)

ANESTHETIC: While your mouth is numb, be careful not to bite your cheek, lip or tongue. The numbness should subside within a few hours.

BLEEDING: If bleeding occurs, moisten a clean piece of gauze, fold thick enough to bite on and place it directly over the bleeding area on the gum tissue. However, if heavy bleeding occurs, call Dr. Brya. (Remember, though, that a lot of saliva and a little blood can look like a lot of bleeding.)

SWELLING: Your gum tissue may swell slightly, you can help reduce swelling and pain by applying cold compresses to the face. An ice bag, cold beverage can or cold moist cloth can be changed periodically. Change cold compresses on and off every 30 minutes.

ORAL HYGIENE: Brush and floss as normal except areas that the procedure has been performed on. In those specific areas, brush gently and avoid flossing for 1-2 days post-op.

DIET: Soft foods for 1 day after procedure. Drink plenty of water. Avoid carbonated or hot beverages. Avoid foods that tend to shred easily or have the ability to get stuck between the teeth or gums. (i.e. beef jerky, broccoli, popcorn, chips, nachos, etc.)

MEDICATIONS: Patients choice for pain relief.

*Pain Relief: Over the counter anti-inflammatory (OTC)

- Advil, Motrin, Ibuprofen -- 600mg every 4-6 hours as needed for pain
- Aleve -- 250mg every 12 hours as needed for pain.
- Tylenol -- 325mg every 4-6 hours as needed for pain.