

## Patient Instructions after Scaling and Root Planing

### Pain

You may have moderate discomfort after the anesthesia wears off. This may last for 3-5 days. Much of the discomfort can be avoided by controlling swelling. Ibuprofen (Advil) can be taken to reduce pain and swelling. You may take three tablets of 200mg each (600mg) every 6 hours as needed (Not more than 2400mg (or twelve 200mg tablets) per day). It is advisable to take the ibuprofen even if you don't initially have any symptoms in order to prevent the development of pain and swelling.

### Tooth Sensitivity and Appearance

Teeth may be sensitive to temperature changes and/or sweets. The sensitivity to temperature may be intense the first several days and usually diminishes quickly. Remember that removing all plaque from the tooth surfaces will help reduce sensitivity. Root surfaces may be more exposed as the swelling of the inflamed gum tissue goes away. This may result in more space between the teeth.

### Bleeding

Some slight bleeding may occur during the next several times you brush and floss your teeth, but the bleeding should steadily decrease after two or three days.

### Mouth Care

Meticulous oral hygiene should be continued in all areas of the mouth. If gum tissues are tender, brush and floss your teeth gently but thoroughly; this may take a little more time than normal. Thorough plaque removal must be accomplished and will help reduce tenderness and sensitivity, as well as maximize healing. You may also have been given a prescription for a mouth rinse called Peridex (or chlorhexidine gluconate) which should be used the day after your deep cleaning and no sooner. You should rinse GENTLY for one minute twice a day until your next visit. You must wait 30 minutes after brushing to use the rinse because the toothpaste may deactivate the rinse, or simply use the tooth brush without toothpaste and allow the rinse to act as your liquid toothpaste after you brush. It may cause a temporary, non-permanent dark staining of you teeth and tongue that disappears once you stop using the rinse. If any staining persists, we will polish your teeth for you once you are done using the rinse.

### Nutrition

Maintaining an adequate diet after treatment is important. Because your gums may be sensitive, you should avoid extremely hot, hard or spicy foods. The following foods are recommended which supply nourishment with little (if any) chewing necessary for swallowing: malted milk and shakes, custards and puddings, baby food, ice cream, chopped/ground meat, broth or soup, food supplements (Carnation instant breakfast, etc) ... and drink plenty of fluids. You may resume a normal diet once chewing becomes more comfortable. You should also avoid carbonated beverages, alcohol and SMOKING.

### Contact Us

If you have any questions, please don't hesitate to call us during normal business hours at:  
**425-374-5380**

If it is after hours, you can reach Dr. Nicoara at:  
**206-218-7352**