

INSTRUCTIONS AFTER SCALING AND ROOT PLANING

1. Expect slight bleeding for the next 3-6 hours. If bleeding persists or becomes excessive, please call the office at **335-8600**.
2. There may be an increase in root sensitivity, especially to hot or cold liquids. This will decrease with time. A fluoride gel or desensitizing toothpaste may be recommended if sensitivity persists. When using these products remember to spit it all out, but do not rinse or eat for 30 minutes after use. This allows the product to work better and help reduce sensitivity (your teeth are porous and need time to absorb the elements that will help in the reduction of sensitivity). Remember bacterial plaque produces acid, which can cause root sensitivity, so the cleaner the teeth are kept, the less sensitivity they may be.
3. After the numbness is gone, mild to moderate discomfort may occur in the area that is scaled. A nonprescription medication such as Advil or Tylenol is recommended for discomfort. Be careful to not eat anything chewy until the anesthetic completely wears off to avoid biting trauma to the oral tissues and tongue. Warm salt-water rinses (1/2 tablespoon in 8 ounces of water) will also help soothe the area.
4. It is important to keep your teeth and gums clean. Although the treated areas may be tender, brush your teeth and gums gently before retiring for the evening. You may soften your toothbrush by running the bristles under hot water and flossing should resume the next day.
5. Your diet should be modified for the next 24 hours to soft foods such as pasta, rice, fish, etc. Foods that should be avoided are popcorn, seeds, chips, raw vegetables, and most crunchy foods.
6. If any questions or problems should arise, please contact our office. If after hours, please call Dr. Ramirez on his mobile phone at 791-3476.