



# MOUNTAIN TOP

## PERIODONTICS & IMPLANTS

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### Scaling and Root Planing Post Op Instructions

Dear Patient:

#### ORAL HYGIENE:

- It is important that you understand that the success of your periodontal therapy is largely dependent on you! Periodontal disease is not curable, but controllable IF you maintain good oral hygiene. It is our goal to stabilize your condition to help you maintain good oral health.
  - Resume your home care regimen of brushing twice a day and flossing immediately, but be gentle with the area(s) being treated. Your gum health must be maintained with proper homecare, as instructed. The use of recommended oral hygiene aids discussed during your treatment and re-care appointments (every 3-4 months) can sustain periodontal health, reduce tooth loss and will greatly aid in the success of your care.
  - Avoid eating anything on the area being treated for 2 hours or until the anesthetic has worn off completely. Also avoid any hard foods such as tortilla chips, potato chips, popcorn or seeds for the next several days
  - Refrain from smoking for 24-48 hours after scaling and root planing. Tobacco will delay healing of the tissue, and may impair the success of treatment
- Tooth and gum sensitivity:
- You may experience cold sensitivity, this is normal. Any sensitivity should gradually go away in a few weeks. Tenderness is a part of healing and can be helped with a mild pain reliever such as Ibuprofen/ Advil/ Tylenol. If needed, you can use desensitizing tooth paste such as sensodyne. Avoid cold liquids and "whitening" products as this can increase the sensitivity.
  - To help soothe the area, rinse your mouth 2-3 times a day with warm salt water. If you are prescribed Peridex/ Chlorhexidine, use as directed.

#### ARESTIN:

- Resume brushing twice and flossing daily in the areas that were treated with Arestin
- Avoid the use of a Waterpik for at least 10 days

#### QUESTIONS:

Please do not hesitate to call the office and speak to any of our qualified team members if you have any questions. We would be happy to assist you with any concerns you have.

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