

## **POST SCALING AND ROOT PLANING INSTRUCTIONS**

Please read and follow these procedures. They will make you more comfortable and will help to prevent any possible complications.

### **1. CARE OF YOUR MOUTH:**

Start brushing, flossing, and continue your prescribed oral hygiene regime immediately. You may have to GO EASY at first, but make every effort to keep your mouth plaque free. We recommend rinsing your mouth several times on the day of treatment, with warm salt water (use ¼ tsp salt to 8 oz. water).

### **2. DISCOMFORT:**

Some discomfort is expected when the anesthesia wears off. Usually a couple of acetaminophen or ibuprofen will eliminate any discomfort. Sensitivity to cold or touch may temporarily occur. Removing all plaque from the tooth surfaces and bruising with a fluoride tooth paste or fluoride that we may prescribe will usually reduce or eliminate sensitivity in a day or two.

### **3. EATING:**

Your next meal should be soft. Avoid any hard, gritty foods such as peanuts, popcorn, chips, hard bread for at least 3-4 days. Also, it is best to avoid hot, spicy foods and alcohol for at least 24 hours.

### **4. BLEEDING:**

Slight bleeding may continue for several hours following the procedure. This is not unusual and should stop. If bleeding persists beyond a few hours, please call our office.

### **5. SWELLING:**

Very seldom does swelling occur. If it does, rinse your mouth every couple of hours with warm salt water. (use ¼ tsp salt to 8 oz. water).

### **6. SMOKING:**

Please refrain from smoking for 24 hours or longer after scaling and root planning procedures. Tobacco use interferes with the healing.

### **7. EXERCISE:**

Avoid any aerobic activity for the rest of the day; e.g., jogging, tennis, racket ball, anything strenuous. Take it easy.

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**ACTIVITY**

After leaving the office, if possible, relax as much as possible for the remainder of the day. No strenuous activity for several days.

**DISCOMFORT**

Some discomfort may be present when the anesthesia wears off. You have been given a prescription for an anti-inflammatory analgesic. Please take a directed every 12 hours for the first 2 days. Afterwards, take two acetaminophen tablets with water ever 3-4 hours as needed.

**SWELLING**

In order to minimize swelling following surgery, apply an ice bag wrapped in a towel to the outside of the face in the operated areas, 15 minutes on and 15 minutes off, for a period of 4 hours. If the swelling persists 48 hours, call the office.

**BLEEDING**

It is common to have slight bleeding for a few hours following periodontal surgery. If this persists, rinse your mouth very gently with tepid salt water every 15 minutes for 1 hour. If bleeding still persists, apply a tea bag to the surgical are with a firm but general pressure for 15 minutes; let rest for 15 minutes, then repeat for a second time only. If excessive bleeding continues, please call the office.

**ORAL HYGIENE**

Brushing and oral hygiene procedures should be accomplished regularly in all areas including dressing area.

**EATING AND DRINKING**

High protein foods and liquids are desirable for 3-5 days postoperative period. Solid foods may be eaten as long as they may be done so comfortably. Avoid spicy, salty and excessively hot foods and liquids. Please refrain from drinking alcoholic beverage during the first 4-5 days following surgery.

**CARE OF THE DRESSING**

If a dressing has been placed over the area after surgery, please do not disturb it. Do not drink hot beverages for a period of 2 hours after surgery since the dressing is not completely set until that time. If small pieces of the dressing break off, do not be concerned. If large portions of the dressing are displaced and discomfort is experienced, please contact the office. If the dressing should fall off after 4-days, and you are comfortable, replacement of the dressing is unnecessary.

**SMOKING**

Please do not smoke during the post surgical period, as wound healing will be delayed.

**ANTIBIOTICS**

If prescribed, take them as directed until ALL ARE GONE, as long as there are no adverse reactions or discomfort (itching, redness, etc.).

If any other questions arise, please do not hesitate to call the office at \_\_\_\_\_.

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## POST OPERATIVE INSTRUCTIONS

**DRESSING:** The surgical area may have been covered by a putty-like dressing that will protect the area in the first days of healing. If it comes off before the first post-surgical visit and you are comfortable, do not be concerned. Just be sure to keep the areas clean as possible until your next visit. Otherwise, the dressing and any remaining sutures will be removed on \_\_\_\_\_.

**BLEEDING:** Slight oozing for the first several hours after surgery is normal. Cold water held in the mouth will help slow bleeding, or you may gently apply firm pressure directly on the top of the dressing with a cold, moist compress to hasten clotting (a tea bag may work well). If bleeding continues and you become concerned, please call for further instruction and/or assistance.

**RINSING:** Avoid vigorous rinsing for the first 24 hours following surgery. Cold water held in the mouth during the first 12-24 hours may help reduce slight bleeding. After 24 hours you should start warm (not hot) salt water rinses (1/2 tsp. salt in a tall glass of water) 3-4 times per day for the first week after surgery. After the dressing is removed (or sooner in some cases) a chlorhexidine rinse may be prescribed. This rinse is normally used for 4-6 weeks after surgery.

**EATING:** Maintaining adequate fluid intake during the first 12-24 hours is important to avoid dehydration. In addition, adequate amounts of nourishing foods are essential for proper healing. In general, extremely hot foods should be avoided during the first 12-24 hours, and hard foods and highly seasoned foods should be avoided during the first week. However, eat whatever you can tolerate, but be careful not to disturb the surgical site.

**SWELLING:** Some swelling is normal, and an ice pack held on the cheek or lip over the surgical site for intermittent periods (10-20 minutes on and 10-20 minutes off) during the first 24-48 hours may help reduce swelling and will relieve some discomfort. For any residual swelling after the first 48 hours, heat is encouraged (hot water bottle, heating pad, etc.) to increase circulation and promote healing. If the swelling becomes progressively more severe after 2-3 day, please let us know.

**ORAL HYGIENE:** Continue thorough plaque removal techniques in the areas where you have access. Gentle cleaning can continue in the surgical areas although the dressing will limit access to only the chewing surfaces of the teeth. However, you must be careful not to disrupt healing areas.

**MEDICATIONS:** Take medications as instructed. Generally, medications should not be taken on an empty stomach. **IMPORTANT:** Driving or operating dangerous equipment while taking narcotics (pain medication) can be very dangerous. Also, you should not consume alcohol while taking narcotics.

**SMOKING AND EXERCISE:** Avoid excessive exertion or exercise for the next 24 hours. Also, if you can't quit completely, you should at least refrain from smoking for the first 24-48 hours to avoid interfering with the healing process.

**GENERAL:** If there is persistent bleeding, severe discomfort that cannot be relieved, extensive swelling, or any other problem that does not appear to be normal, please do not hesitate to contact us at \_\_\_\_\_.

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## POST OPERATIVE INSTRUCTIONS

**1. DISCOMFORT AND MEDICATIONS:** Periodontal surgery, like other surgical procedures, may be associated with varying degrees of discomfort. This depends on the procedure involved and individual differences. If analgesics have been prescribed, it is usual to take the first dose while the surgical site is still anesthetized ("numb"). All medication should be taken strictly as prescribed. The interval between taking the medications and the total length of time that you are to remain on your medications has been carefully determined to give you the maximum benefit with the minimum use of drugs. Variation from the prescribed regime can affect healing and the success of your procedure.

**2. BLEEDING:** You may notice slight bleeding from the surgical site. This type of minor bleeding for one or two days is not unusual and is not a major concern. If at any time you notice the formation of large blood clots or any obvious flow of blood which is more than light ooze, notify your doctor at once.

**3. SUTURES:** Sutures ("stitches") are placed to hold the gingival tissues in the proper position for ideal healing. If sutures ("stitches") were placed, your doctor will usually want you to return so that they can be fully removed once sufficient healing has occurred. **Do not disturb the sutures with your tongue, toothbrush or in any other manner since displacement will impair healing.** If you notice that a suture has come out or come loose, notify your doctor during regular office hours.

**4. DRESSING:** A periodontal dressing is often used to cover the surgical site for one to two weeks after surgery. The dressing is placed around your teeth to protect the surgical area and should not be disturbed. If small pieces become lost, and you have no discomfort, there is no cause for concern. If large pieces break off or the entire dressing becomes loose in the first 2-4 days, please contact the dentist.

**5. DIET:** For your comfort and to protect the surgical area, a soft diet is recommended. Avoid chewing in the area of surgery. Avoid hard, fibrous, or "sharp" foods (such as corn chips) as these may be uncomfortable and can dislodge the periodontal dressing. **Drink plenty of liquids.** It is important to maintain a diet with a normal calorie level that is high in protein, minerals and vitamins to support post-operative healing. Eat as normal a diet as possible. **POST SURGICALLY IS NOT THE TIME TO START A DIET,** since this can have detrimental effects on healing and lessen the chances of success of the surgical therapy.

**6. ORAL HYGIENE:** Continue to brush and floss the teeth that were not involved in the surgery (or covered by the periodontal dressing). **The surgical area should not be disturbed for the first week post-operatively.** However, you may rinse gently with salt water or with a mouthwash if prescribed by your doctor. After your sutures have been removed, generally after 1 week, you should lightly clean the teeth using a soft toothbrush or as instructed by your doctor. The gentle application of a fluoride gel with your toothbrush will also help to control plaque.

**7. PHYSICAL ACTIVITY:** Avoid strenuous physical activity during your immediate recovery period, usually 2 to 3 days.

**8. SWELLING:** Some slight swelling of the operated area is not unusual and may be present after the surgery. An ice pack may be used to minimize swelling. Ice should be placed in a plastic bag and then wrapped in a thick cloth towel and applied directly over the surgical area. You should maintain the towel wrapped ice pack in contact with the skin as much as possible for the first 24 hours after surgery. You

should also keep your head elevated above the level of your head during the first 24 hours after surgery. This may necessitate the use of several pillows to support your head and upper body while sleeping. If swelling occurs, it usually disappears after several days. Applying moist heat to the swollen area will help the swelling resolve, however, **heat should not be applied until at least 1-2 days after surgery.** Any unusual or large swelling should be reported to your periodontist at once.

**9. SMOKING:** All smoking should be stopped until after your sutures have been removed to ensure the best healing and success of your surgical procedure. Healing results are significantly worse in smokers than in non-smokers.

**10. ALCOHOL:** All intake of alcohol should be stopped until after your sutures have been removed and minimized for the next several weeks after suture removal to enhance healing. The combination of alcohol and certain pain medication is not recommended.

**11. DO NOT'S":** For the next several days, do NOT spit, smoke, rinse hard, drink through a straw, create a "sucking" action in your mouth, use a commercial mouthwash, drink carbonated soda, or use an oral irrigating device.

**12. SPECIAL INSTRUCTIONS:**

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If you have any questions or problems, please call: \_\_\_\_\_.