

PATIENT INSTRUCTIONS AFTER SCALING & ROOT PLANING

1. **Tenderness is normal.** To reduce tenderness and promote healing, rinse with warm salt water (1/4 tsp. salt in a four-ounce glass of water), every two to three hours for the next two days.
2. **Brush and floss** the treated area gently for the first 12 hours. However, after 12 hours it is very important that you brush well. You may soften the brush with warm water if tissues are tender.
3. **Tylenol or ibuprofen** may be used as recommended for discomfort.
4. **Highly nutritious food** is necessary for the healing process. Avoid foods that require excessive chewing. Sticky, crunchy, coarse or acidic foods may need to be avoided for the first few days. Avoid popcorn, nuts and seeds for the first few days.
5. **Tooth sensitivity, especially to cold,** is normal and temporary. You may use a desensitizing toothpaste such as Sensodyne for sensitivity relief. Prescription toothpastes and in-office treatments are available if sensitivity is severe or persistent.
6. **Avoid smoking and using a straw for four hours.**

Please contact us should you experience prolonged bleeding or any other problems, or have any questions during the healing process: **(503) 620-1117**.

These suggestions will help you receive the greatest benefit from today's treatment. The success of your therapy is largely dependent on you, your good oral hygiene at home, and regular re-care appointments.



CYNTHIA A. LAYPORT, D.M.D.
SPECIALIST IN PERIODONTICS

9900 SW Greenburg Road, Suite 230
Tigard, Oregon 97223-5473

PHONE: (503) 620-1117

FAX: (503) 624-1547

HOME: (503) 646-6100

CELL: (503) 348-2884

E-MAIL: dr@drcindylayport.com

WEB: www.drcindylayport.com