



valley DENTAL health

Scaling and Root Planing Post-Op Instructions

Follow all home care instructions exactly as provided by your dentist. Your follow up hygiene appointments are important to the success of your treatment. Please keep all scheduled appointments so that we can monitor the health of your teeth and gums.

You can expect the effects of anesthesia to wear off within one to three hours. Until that time, avoid all hot foods and liquids. Do not chew on anything. This will prevent accidental burning or biting of your lips, tongue or cheek.

Avoid eating foods that are crunchy, spicy or hot. For example: chips, raw carrots, fried foods, and foods with small seeds.

It is common to experience sensitivity to sweets and hot or cold foods/drinks. A decline in sensitivity should be obvious within 2 - 3 weeks. There are over the counter products that can lessen sensitivity such as desensitizing toothpaste (Sensodyne, Colgate Sensitive, etc.) and fluoride rinse (ACT, Crest Pro-health Complete, etc.)

If you experience pain or discomfort, you may take over-the-counter, non-aspirin pain medication.

Please continue to brush and floss daily, taking caution around sensitive areas. Brush using a gentle circular motion. If gums are sore, you may also rinse mouth gently with a solution of 1/2 teaspoon salt dissolved in a large glass of warm water.

Smoking is detrimental to healing tissues and will affect the results of your treatment. It is preferred that you quit smoking entirely. It is not advised to smoke for 48 hours following treatment.

**If you have any questions or concerns - big or small, contact our office:
410.666.1178**

For more information, please visit our website www.valleydentalhealth.com