



Post-Treatment Instructions following Periodontal Scaling and Root Planing (Deep Cleaning)

You may experience some temporary discomfort following the periodontal cleaning you received today. To minimize discomfort and promote healing, we recommend following these instructions:

EATING & DRINKING

Avoid eating solid foods and hot drinks until numbness wears off, to avoid burning your mouth or biting your tongue, lips, or cheeks. It should take 1-2 hours for numbness to wear off. Stick to a soft diet for the next 24 hours. If the tissues are tender during healing, eat bland foods and avoid spicy foods. Eat a nutritionally balanced diet to promote healing.

POSSIBLE DISCOMFORT

After the procedure, take an NSAID, such as ibuprofen before anesthetic wears off (200-600 mg every 4-6 hours,) for 1-2 days as needed. It is normal to have some muscle tenderness at injection sites following procedure. Some patients may experience tooth sensitivity to hot, cold, or sweets following cleaning. You may try using a sensitivity toothpaste.

RINSES

Rinse with warm saltwater to help soothe tissues and promote healing. Mix 1 tsp. of salt to 8 oz. of warm water, swish and spit 4x/day for the next 48 hours.

AVOID TOBACCO

Healing will be jeopardized by tobacco use. Periodontal treatment outcomes will not be as successful with continued tobacco use. Please ask us for help with smoking cessation.

ORAL HYGIENE

The success of periodontal therapy is largely dependent on you. Periodontal disease is not curable, but it is controllable. It is our goal to stabilize your condition and help you maintain good oral health. Following the brushing flossing, and other interdental cleaning instructions given to you can help sustain periodontal health, reduce tooth loss, and will greatly aid in the success of your care.

QUESTIONS

If you have any questions or concerns, please call SHAC Dental Services at 503-725-2611, or email us at dental@pdx.edu