



Modern Touch Dentistry  
645 Woodland Oaks Dr, Ste 200  
Schertz, TX 78154  
(210)-810-3690  
[mt@moderntouchdentistry.com](mailto:mt@moderntouchdentistry.com)

## Post-Operative Instructions for Scaling and Root Planing

### Immediately Following Treatment:

- Avoid eating or drinking: Wait for the anesthesia to wear off completely, typically 2-3 hours, before consuming anything. This prevents accidental biting or burning of your lips, tongue, or cheeks.
- Be mindful of hot and spicy foods: Avoid extremes in temperature and spiciness for several days, as your gums may be sensitive. Opt for soft, lukewarm foods.
- Control bleeding: Minor bleeding is normal. Apply gentle pressure with a clean gauze pad for 10-15 minutes to control it. Do not spit excessively or rinse vigorously, as this can dislodge the clots and prolong bleeding.

### Oral Hygiene:

- Resume brushing and flossing immediately: Continue your regular oral hygiene routine, but be gentle with the treated areas. Use a soft-bristled toothbrush and avoid harsh scrubbing.
- Warm salt water rinses: Mix 1 teaspoon of salt with 8 ounces of warm water and rinse your mouth 2-3 times a day for the first few days. This helps reduce inflammation and promote healing.
- Chlorhexidine rinse: If prescribed by your dentist, use a chlorhexidine gluconate rinse as directed. This helps control plaque bacteria and promote healing.

### Pain Management:

- Over-the-counter pain relievers: Use ibuprofen or acetaminophen for discomfort or swelling. Avoid aspirin.
- Cold compresses: Apply cold compresses to the outside of your cheek for 15 minutes at a time, several times a day, to reduce swelling.

### Additional Instructions:

- Refrain from smoking and alcohol: Smoking and alcohol can delay healing and increase the risk of infection. Avoid them for at least 24-48 hours after the procedure.
- Avoid strenuous activities: Avoid vigorous exercise for the first 24 hours, as it can increase blood pressure and cause bleeding.
- Schedule follow-up appointments: Attend all follow-up appointments scheduled by your dentist to monitor your healing progress and discuss further treatment, if necessary.

#### Potential Side Effects:

- Sensitivity: Your teeth and gums may be sensitive to hot, cold, and acidic foods for a few days. Use sensitivity toothpaste and avoid triggers.
- Swelling and tenderness: Minor swelling and tenderness are normal and should subside within a few days. If they worsen or persist, contact your dentist.
- Bleeding: Some bleeding may occur during brushing and flossing for the first few days. Be gentle and inform your dentist if it becomes excessive.

#### Contact your dentist immediately if you experience:

- Severe pain that is not controlled by medication
- Fever
- Prolonged bleeding
- Difficulty swallowing or breathing
- Pus around the treated area

Remember, these are general guidelines. Always follow your dentist's specific instructions for your individual case.

#### Additional Information for Your Post-Operative Instructions:

- You can personalize these instructions by incorporating your practice logo and contact information.
- Consider adding specific recommendations for dietary modifications during the healing period.
- Include information about potential risks and complications associated with scaling and root planning, along with instructions on how to manage them.
- You can create a separate section with frequently asked questions and answers to address common concerns patients might have after the procedure.



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