

Patient Instructions After Scaling and Root Planning

These are some helpful suggestions that will increase your comfort and help you to receive the maximum benefit from periodontal treatment.

1. **Tenderness is normal.** To reduce tenderness and promote healing, every two to three hours, rinse with warm salt water: $\frac{1}{2}$ teaspoon salt in a 4 ounce glass of water.
2. **Avoid brushing or flossing the treated area for 12 hours.** However, after 12 hours it is very important that you continue to brush well. Please be careful brushing and use a toothbrush with soft bristles. You may moisten the brush with warm water if tissues are tender.
3. **Ibuprofen** may be used as recommended for discomfort. Take 2-3 pills every 4-6 hours as needed, within 24 hours you should be able to decrease the dose to 1-2 pills if you feel fine discontinue the use of this medication.
** If you are allergic to Ibuprofen please let the hygienist know so we can prescribe a pain medication.
4. Highly nutritious food is necessary for the healing process. Avoid **foods that require excessive chewing, also, sticky, crunchy or coarse foods.**
5. **Tooth sensitivity is normal and temporary.** You may use a desensitizing toothpaste such as Sensodyne or any major brand for sensitivity relief.
6. If you had **Arestin** placed today please **DO NOT floss for 24 hours**, even though the arestin pamphlet says to wait 10 days. New research has proven that it is ok to floss after 24 hours of placement of this medication.

Lastly, please contact our office should you experience prolonged bleeding or any other problems during the healing process at **(248) 693-5844**.

These suggestions will help you receive the greatest benefit from today's treatment.