

POST-OP INSTRUCTIONS FOR SCALING AND ROOTPLANING

1. INSTRUCTIONS FOLLOWING YOUR SCALING AND ROOTPLANING:

- ✓ Expect the numbness to wear off within 2-3 hours following treatment
- ✓ To avoid biting your tongue or cheek, we recommend you don't eat until after the numbness is gone
- ✓ Some discomfort is to be expected, you may take up to 800mg of Ibuprofen and 1000mg of acetaminophen every 6 hours. A two day supply is included in your bag. If you cannot take either of these you will be advised on what to take accordingly by Dr and assistant
- ✓ Avoid popcorn, nuts, and seeds for the week following treatment. These may get lodged down into the pocket, resulting in discomfort. At your one week follow up it will be discussed what can be incorporated back into your diet
- ✓ It is common to experience some cold sensitivity following the procedure. Use of Enamelon toothpaste (enclosed) over the course of several weeks is typically helpful. This can be applied 2x per day using your toothbrush and nothing to eat or drink for 30 minutes following.
- ✓ Oozing (saliva/blood mixture) can be present up to 24 hours following dental surgery. Please limit physical activity during this time period-this can increase your chances of post op bleeding
- ✓ Bruising/Swelling can be a complication following this dental surgery up to 48-72 hours following. Ice packs on and off 20 minutes can help reduce this risk.
- ✓ A mouthguard is will be given on your appointment day. This guard is to be worn nightly for the first six weeks of initial healing. The guard will help reduce the risk of post operative sensitivity, tooth soreness and all over discomfort. If you chose not to wear this appliance, your chances are greatly increased to have complications. Please bring this guard with you to your follow up appointment. It can be cleaned using cold water only and a toothbrush.

2. FLOSSING TECHNIQUES:

- ✓ Floss or Waterpik 2 times a day, starting today
- ✓ Try to wrap the floss around the tooth, creating a "C" shape around each tooth

3. CARE OF TEETH FOLLOWING PROCEDURE:

- ✓ Very good plaque control is vital to successful healing. Brush for 5 minutes 2 to 3 times a day.
- ✓ Use the enclosed post operation toothbrush initially and then go to your regular brush if gums are not particularly tender.
- ✓ Use the tongue scraper to clean the top of the tongue, this will reduce bacterial count in the mouth, reduce mouth odor and prevent brown/black accumulation on the tongue.

4. IO RINSE

- ✓ Beginning tonight, rinse with ½ oz for 60 seconds after brushing and flossing
- ✓ DO NOT eat or drink for 30 minutes after rinsing for maximum benefit
- ✓ Use rinse 2 times a day—once in AM, once in PM—for 7 days (do not use more than twice/day)
- ✓ In addition, you can rinse with warm salt water if desired at other times.

These post op instructions are given for a reason; to help aid in the best possible outcome following your dental surgery. We will do our best to help take care of any post op complications that arise but we do need your help at home following what is being asked of you. Not following our recommendations can increase your chances of having post operatory issues and reduce your chances of the best possible outcome. Your 1/3/6 week follow ups are crucial for you to make because it will guide you with the next step that need to be taken going forth.

I acknowledge these instructions were gone over and explained to me. At this time I do not have any further questions or concerns but am aware if an issue arises I can call the office for direction on what to do next.

Signature _____

Date _____

Next day follow up: Best phone number _____

Best time _____

Please call us with any questions or concerns!

Office: 920-983-8383

After Hours Emergency: 920-366-0959