

Scaling and Root Planning post op instructions

Managing Discomfort

- **Sensitivity:** Mild to moderate gum sensitivity is normal for the first week.
- **Pain Relief:** You can use over-the-counter anti-inflammatory pain relievers like **Ibuprofen (Advil)** or **Acetaminophen (Tylenol)** if needed.
- **Saltwater Rinses:** Rinsing with warm salt water (1/2 tsp salt in 8 oz water) 2–3 times a day can soothe tender gums.

Post op for scaling and root planning treated with Arestin.

- **Do Not Touch:** Avoid touching the treated areas with your tongue, fingers, or any objects.
- **Dietary Restrictions:** Avoid **hard, crunchy, sticky foods or anything that would require you to floss the treated areas** (e.g., chips, popcorn, nuts, taffy, or gum seeds, stringy meats) for 10 days. These can dislodge the medication or irritate healing tissues.
- **Smoking:** Refrain from smoking for at least **48 hours**, as tobacco significantly hinders the healing process.
- **No Flossing:** Do not use floss, toothpicks, or interdental cleaners in the treated areas for **10 days**.
- **Brushing:** Gently brush areas without dislodging medication that was placed under the gum tissue.
- **No Rinsing:** no rinsing for 10 days if not directed to do so. Vigorous rinsing and spitting can dislodge medication.
- **Resume Routine:** After 10 days, you should resume daily flossing and thorough brushing to maintain results.
- **Follow-Up:** Attend all scheduled follow-up appointments.