



# Scaling & Root Planing

## Homecare Recommendations

- **Chewing and Eating**

If anesthetic was used try to avoid eating until the numbness has worn off completely. Wait at least 2 hours before eating and stick to a soft diet for the first 48-72 hours. Avoid alcoholic beverages and hot or spicy foods until your gums have healed.

- **Brushing and Flossing**

Brush treated areas very carefully with a soft bristled brush. The day after your treatment, begin flossing lightly and gradually return to normal brushing and flossing over the next week. You may use a desensitizing toothpaste to reduce sensitivity to hot, cold, or pressure. If we prescribed a medicated mouth rinse, use it as directed and avoid mouth rinses that contain alcohol.

- **Tobacco Use**

Do not use any tobacco products for at least 72 hours after your procedure.

- **Medications and Discomfort**

If antibiotics were prescribed, take them as directed even if all symptoms are gone. To control discomfort, take pain medication before the anesthetic has worn off or as directed. It is normal to experience some discomfort for a few days. Use of a prescribed medicated mouth rinse will help with healing if used as indicated.

- **When to Call Us**

Call our office if bleeding, sensitivity, or discomfort increases or continues beyond 3 to 4 days. If you have any questions or concerns feel free to call us at (703) 870-7784.