



**POSTOPERATIVE INSTRUCTIONS FOLOWING COMPLETION OF SCALING AND
ROOT PLANNING**

Scaling and root planning is designed to thoroughly clean and smooth the root surfaces of your teeth. Please observe the following precautions:

1. Avoid eating until the anesthetic has worn off. You may inadvertently bite yourself due to being numb.
2. Avoid hot liquids or hot foods for 12 hours.
3. Begin the new oral hygiene routine tomorrow.
4. While most patients experience little or no discomfort following the procedure, some cold and hot sensitivity is to be expected.
5. Warm saltwater rinses are recommended for the first 2-3 hours after scaling and root planning. Use a teaspoon of salt in a tall glass of water. If you are on a salt restricted diet, simply utilize warm water.
6. Slight gum recession is a normal part of the healing process and should not be a cause for alarm.
7. Please call the office if you have any questions.