

## **WEIMAR FAMILY DENTISTRY**

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### **Post Scaling and Root Planing Instructions**

*By reading and following these instructions, you will be more comfortable and prevent any possible complications.*

1. **CARE OF YOUR MOUTH:**  
Rinse your mouth 2 to 3 times per day with warm salt water. (use 1 teaspoon salt to 8 oz. of warm water.) We recommend brushing 2-3 times per day, and flossing once per day. If a rinse was prescribed by the hygienist, use as directed.
2. **DISCOMFORT:**  
Some discomfort can be expected when the anesthesia wears off. You can take 600-800mg of ibuprofen (Advil) every 6-8 hours as needed. You may experience some sensitivity to cold or touch. This will improve within several days.
3. **EATING:**  
You may want to maintain a soft diet for the remainder of the day. Please use care when chewing or having hot foods and liquids until the anesthesia wears off.
4. **Bleeding may continue for several hours following the procedure. This is not unusual and should stop within a few hours.**
5. **SMOKING:**  
Please refrain from smoking for 24 hours or longer after scaling and root planning procedures. Tobacco use will interfere with the healing process.
6. **ROUTINE CARE:**  
It is imperative that you be seen every 3-4 months during the first year following root planing and scaling. Continuing with routine care as recommended by Dr. Weimar and the hygienist will help to monitor the status of your periodontal condition, and reduce the chance of recurring disease.