

# HomecareSRP

## Scaling and root planing aftercare

Now that you've had scaling and root planing therapy, it's important to follow these recommendations to speed healing.

- ❖ Don't eat until the numbness has completely worn off.
- ❖ For the first 48 to 72 hours, restrict your diet to soft foods such as yogurt, scrambled eggs and soup, until you can comfortably chew. Then, chew on the side of your mouth opposite to the procedure site.
- ❖ Avoid alcoholic drinks and hot or spicy foods until your gums are healed.
- ❖ Don't use any tobacco products for at least 72 hours because tobacco slows healing.
- ❖ If we used anesthetic, take pain medication before the anesthetic has worn off to control any discomfort or as recommended. It's normal to experience some discomfort for several days after scaling and root planing.



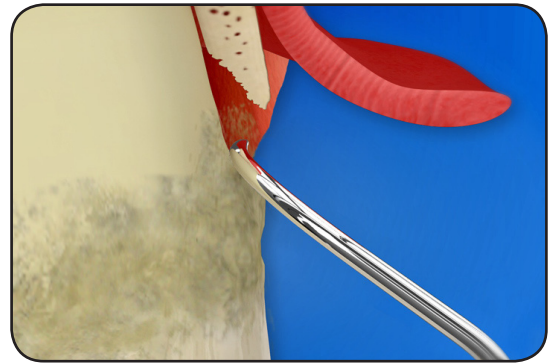
*Avoid alcohol.*



*Use an ice pack.*



*Some discomfort is normal.*



*Planing a tooth root.*

- ❖ For the first 6 hours after the procedure, apply an ice pack, 20 minutes on and 20 minutes off, to decrease pain and swelling.
- ❖ After 24 hours, reduce discomfort and swelling by rinsing your mouth very gently 3 times a day with warm salt water. Use about 1 teaspoon of salt per glass of warm water.
- ❖ Brush the treated area very lightly the first night. To make this more comfortable, first, rinse your brush under hot water to soften the bristles.
- ❖ The next day, begin flossing lightly and gradually return to normal homecare over the next week. It's normal to have some slight bleeding when you brush and floss the treated areas for the first few days. Brush and floss the non-treated areas of your mouth normally. Use a desensitizing toothpaste if your teeth are sensitive to hot, cold, or pressure.
- ❖ If we prescribed a medicated mouthrinse, use it as directed. Avoid mouthwashes that contain alcohol.
- ❖ Call us also if discomfort is not diminishing day by day, or swelling increases or continues beyond 3 or 4 days. And please, call us any time if you have questions or concerns.