

Deep Cleaning (Scaling & Root Planing) – Post-Op Instructions

What to Expect

- Mild discomfort, sensitivity, and slight bleeding may occur for 24–48 hours.
 - Gums may feel tender or swollen.
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Aftercare Instructions

Reduce Discomfort

- Use cold compresses on your cheeks intermittently for the first 24 hours.

Medications

- Take any prescribed antibiotics or pain relievers as directed.
- Over-the-counter ibuprofen or Tylenol may help relieve discomfort.

Oral Hygiene

- Brush gently with a soft toothbrush.
 - Floss carefully—your gums may be tender.
 - Use prescribed mouth rinse or warm salt water rinses (1 tsp salt in 8 oz water).
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Diet

- Avoid spicy, hard, crunchy, or acidic foods for a few days.
 - Drink plenty of water; avoid alcohol and tobacco.
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Follow-Up

- You may need a follow-up visit for evaluation and periodontal maintenance.
 - Continue with 3- or 4-month professional cleanings as recommended.
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