

# What can I expect after my Scaling and Root Planing procedure?



**Avoid chewing until the numbness has completely wears off.**

**Brush the treated area very lightly the first night and gradually return to your usual home care over the next week**

**You may use salt water rinses to reduce discomfort or swelling. Mix 1 tsp salt with 8 oz. warm water and gently swish for 60 seconds 3-4 times a day.**

**To control discomfort, take pain medication before the anesthetic has worn off or as directed.**

**Do not use tobacco products for at least 72 hours as it slows healing.**

**Brush and floss the non-treated areas of your mouth normally. Use desensitizing toothpaste if your teeth are sensitive to cold.**

## When to call us



**636-326-7633**

**Each day your bleeding and discomfort should diminish. Please call if you are still having pain/swelling beyond 4-5 days.**