

***SOUTH SHORE***

LONG ISLAND  
PERIODONTICS &  
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### **POST-OPERATIVE CARE INSTRUCTIONS** SCALING & ROOT PLANNING

*Root planing is a procedure whereby the roots of the teeth are scaled (cleaned with instruments) deep within the pockets to remove deposits of tartar, plaque, infected material and any other rough irritants. The purpose of this procedure is to lessen the inflammation to the gums caused by these deposits so that the soft tissues will be healthier.*

1. **Rinse with warm salt water** several times. If you prefer to use a mouthwash, you may. This aids healing and promotes good dental hygiene.
2. **Brush very thoroughly twice daily**, with special emphasis on that area of the tooth next to the gum line. You may continue to floss or use interproximal brushes.
3. You may notice some mild bleeding or clotting between the teeth immediately following the procedure. Do not be concerned about this and do not attempt to wipe the clots away. Just rinse (as previously explained) and brush normally.
4. A **soft diet** would be appropriate for **24** hours. Avoid food items with seeds.
5. The gums may be sore or feel puffy for a few days. Take pain medication (Advil, Tylenol, etc.) you normally take for headaches.

**\*If you have any questions or problems, please feel free to contact the office at any time\***