



**MY DENTIST**  
WORCESTER

## **Post-Op Care for Your Scaling and Root Planing Procedure**

- Scaling and root planing is a non-surgical treatment for periodontal (gum) disease. The procedure removes bacterial plaque and tartar from around your teeth and beneath your gum line.
- The treatment cleans and smooths your teeth and roots. It promotes healing from inflammation and infection associated with gum disease.
- Avoid eating and chewing on the treated area for two hours following treatment or until your anesthesia wears off.
- Avoid hard foods such as chips, popcorn, and seeds for several days.
- Rinse your mouth two to three times per day with a warm salt water mix. Use one teaspoon of salt to three ounces of water.
- Resume your home oral hygiene routine. Be gentle in the area of your treatment.
- Avoid smoking for 24 to 48 hours after your procedure.
- Use a non-aspirin pain reliever (Advil, Tylenol, etc.) according to your medical conditions.
- Contact your dentist if you have persistent discomfort or swelling following your procedure.