



Periodontal Scaling and Root Planning Home Care Instruction

Your comfort and positive response to treatment is our primary concern. We have prepared some simple instructions for your convenience. Please read and follow these instructions carefully. This information will help you to be more comfortable, prevent complications, and support your healing process.

Care of your mouth: **Bacterial plaque is primarily responsible for periodontal disease. It is very important that you continue brushing and flossing to reduce bacteria in your mouth. You may experience slight sensitivity to cold, hot, sweets, and/or pressure on your teeth. DO NOT let this prevent you from brushing and flossing. Please follow the oral hygiene care instructions below:**

1. **Brushing:** Brush 3 times a day (after each meal and before bed). Be sure to use the soft brush we provide for you. You may find it helpful to soften the toothbrush with warm water prior to brushing.
2. **Rinsing:** Rinse 2 times a day with a soothing warm salt-water rinse. Use ½ teaspoon of salt dissolved in an eight-ounce glass of warm water.
3. **Flossing:** Floss thoroughly after each meal.
4. **Fluoride:** The dentist may recommend prescription strength fluoride gel to brush with. Fluoride helps to control the bacteria and slow down the formation of plaque. It will also reduce sensitivity. For the greatest benefit, do not eat or drink for at least 30 minutes after rinsing.
5. Prescription Mouth Rinse: **If a prescription mouth rinse was prescribed, be sure to rinse (as instructed) after breakfast and before bedtime.**

Discomfort: Your gums may be tender for a couple of days following your treatment. Take what you normally would for pain. If the discomfort is severe, please contact us immediately. If you experience stiffness of your jaw, place warm towels on the area.

Eating: We recommend a bland, soft diet for the next 2-3 days. Avoid spicy foods.

Smoking: Studies show that smoking greatly reduces the healing process in gum disease. We recommend patients quit smoking if they have gum disease. If you choose to smoke, please refrain from smoking for at least 24 hours after scaling and root planning.

Periodontal disease cannot be cured, but it can be managed. Most people with periodontal disease are able to keep their natural teeth by completing this prescribed regimen of scaling and root planning, as well as keeping a more frequent cleaning and maintenance program. We are happy that you have made a commitment to preserving your natural teeth, and we look forward to helping you do so.

If you have any questions or concerns, please contact the office (602) 840-5400.
Our emergency line is 602-432-1155.