



PEAK PERIODONTICS & IMPLANTS

SUPPORTING THE SMILE THAT SUPPORTS YOU

Nathan Antoine DMD, MS

Post Operative Instructions for Scaling and Root Planing

ACTIVITY:

- If you had sedation, DO NOT drive, operate heavy equipment, use power tools, or sign legal documents for the next 24 hours.
- Do not smoke for at least 48 hours.

BLEEDING:

- You may notice some slight bleeding from gums when brushing and flossing over the next few days. This is normal and can be resolved with light compression using moist gauze.

PAIN:

- Gums may feel sore over the next 72 hours. Pain should be relatively mild and temporary. Take over the counter pain medication such as Advil, Tylenol, or Aleve to relieve discomfort and aid in reducing swelling.
- Gentle compression with a cold ice pack for 15-20 minute increments over the next 24 hours can aid in reducing pain and swelling.
- Use warm salt water rinses to soothe the gums and help with healing. Dissolve 1 teaspoon of salt in 8oz of warm water. Swish for 1 minute. You may do this 2-3 times a day if you would like.
- You may be sensitive to hot and cold temperatures following SRP treatment. Use sensitivity toothpaste for a few weeks as needed, do not rinse after using anti-sensitivity toothpaste to allow the active ingredients to stay on the teeth. Sensitivity will resolve with time; however, if sensitivity is more severe or prolonged, we may prescribe a prescription strength fluoride toothpaste to help with this.

DIET:

- Avoid small foods that could get stuck under the gums for one week. Please avoid foods such as nuts, seeds, popcorn, and chips.
- Your gums may be sensitive to spicy foods, citrus, and vinegar during the healing process. Be careful with products that contain these until sensitivity resolves.

ORAL HYGIENE:

- Please be diligent with home care. Use an extra soft toothbrush until gums are no longer tender. Avoid flossing for the first week following treatment, then resume flossing daily. Water flossing can be a good alternative to traditional floss, direct water at 90° angle to the tooth (do not flush below gumline for first week following treatment).

**IF AN ANTIBIOTIC MEDICATION WAS PRESCRIBED MAKE SURE TO TAKE IT AS DIRECTED
UNTIL COMPLETED**

**If any concerns after hours, call Dr. Antoine 636-248-0197
During daytime hours, please call the office at 775-447-1191**