

### Post Operative Instructions for Scaling and Root Planing

- After scaling and root planing, avoid eating anything on the area being treated for two hours or until the dental anesthetic has worn off completely. Avoid any hard “chippy” foods such as tortilla chips, potato chips, popcorn, or seeds for the next several days.
- Follow your personalized homecare regimen immediately, but be gentle with the area recently treated.
- Refrain from smoking for 24 to 48 hours after scaling and root planing. Tobacco will delay healing of the tissues.
- You may take a non-aspirin pain reliever for any tenderness or discomfort. Take Ibuprofen (Advil) or Tylenol unless you are allergic or have medical conditions that prevent taking these medications.
- You may experience some cold sensitivity, this is normal. Any sensitivity should gradually go away in a few weeks. If needed, you can use desensitizing toothpastes, such as Crest Sensitivity, Colgate Sensitive Pro-Relief or Sensodyne. Avoid toothpastes with “whitening” or baking soda, as this will increase the sensitivity.
- If you have persistent discomfort or swelling that occurs after your appointment, please contact our office as soon as possible at **408-245-8030**