

Scaling & Root Planing / Deep Cleaning Post-Operative Instructions

Steven W. Seibert
D.M.D., Ltd.
Practice Limited to Periodontics
Implant Dentistry
Laser Dentistry

Drs. Steven Seibert & Yoolim Kim

Do NOT eat anything until the anesthesia wears off, as you might bite your lips, cheek, or tongue and cause damage. You will probably have some discomfort when the anesthesia wears off; take your **non-aspirin** pain medication(s) as directed, whether it is prescribed or over-the-counter.

Medications:

- ◇ Please take **Ibuprofen or Advil 600 mg** (equal to **3 tabs of over-the-counter** Ibuprofen or Advil) every 4-6 hours if necessary.
- ◇ Do NOT exceed 2400 mg (12 tabs) in a 24 hour period!!!

OR

- ◇ Please take **Extra Strength Tylenol 1000 mg** (equal to **2 tabs of over-the-counter** Extra Strength Tylenol) every 4-6 hours if necessary.
- ◇ Do NOT exceed 4000 mg (8 tabs) in a 24 hour period!!!

An antibiotic may have been prescribed to prevent or minimize infection. Please take the antibiotics as instructed until all tablets / pills are finished.

Discomfort:

Slight swelling of the area is not unusual. Even chapped lips may occur.

- ◇ **A reusable ice bag or a frozen vegetable bag**, wrapped in a soft towel, may be applied to the area of deep cleaning to help minimize the swelling in the area. **Alternating 20 minutes on and 20 minutes off** will usually be adequate during the **first 24 hours after deep cleaning**.

You may experience some tooth sensitivity after deep cleaning, especially to cold. Sensitivity usually decreases within several weeks after deep cleaning and can be minimized by keeping the area as free of plaque as possible. If the sensitivity is extreme, contact the doctor for recommendations or medications to relieve the discomfort.

Bleeding:

Minor bleeding, such as a pinkish tinge to your saliva, may occur during the first 48 hours. You may rinse your mouth with warm salt water, but avoid extremely hot foods for **the rest of the day**. **If bleeding continues, apply light pressure to the area with a moistened gauze or moistened tea bag. Keep in place for 20-30 minutes.** If bleeding increases or occurs past the initial 48 hours, please call our office as soon as possible to notify the doctor and receive further instructions.

Eating / Diet:

You may eat as tolerated after the numbness has worn off. Avoid sticky, hard (such as ice cubes, nuts, popcorn, chips), brittle, spicy, highly seasoned, or acidic foods in your diet. Foods such as soups, pasta, scrambled eggs, mashed potatoes, macaroni & cheese, etc. are best. Be sure to maintain adequate nutrition and drink plenty of fluids.

Avoid smoking 7-14 days following the deep cleaning procedures, as smoking will delay the healing of your gums. In addition, please strongly consider quitting smoking.

(OVER)

Homecare:

Rinse your mouth 2-3 times per day with your preferred mouth rinse or warm salt water. This can be made by dissolving one tablespoon of salt in an 8-oz glass of water. Start home care as instructed. Do not be concerned if there is mild bleeding during brushing for a few days following the deep cleaning procedure.

Try to relax and practice the best oral hygiene possible and your healing should progress well. If you have any questions or concerns, please call the office number listed below:

217-398-4867 (Champaign Office)

217-345-4867 (Charleston Office)