



# Dentistry for Health and Wellness

F. John Sayyah, M.D., D.D.S., P.L.L.C

16701 NE 80th Street, Suite 200 Redmond, WA 98052

## POST OPERATIVE INSTRUCTIONS

### Scaling and Root Planing

Please review and follow these procedures. They will make you more comfortable and prevent complications:

#### MEDICATIONS

- ◆ Normally, mild pain relievers like aspirin, Tylenol or Ibuprofen are adequate to control any post-operative discomfort. If you do not have one of these medications already, we will write you a prescription.
- ◆ Occasionally, antibiotics are prescribed concurrent with your scaling and root planing appointments. If so, it is important to take all the antibiotic(s) as directed until gone.

#### POST OPERATIVE CARE

- ◆ Do not eat until the anesthetic has worn off and normal feeling has returned.
- ◆ Avoid very spicy foods and foods with a lot of acidity for the first 48 hours.
- ◆ Your next meal should consist of soft, easy to chew foods. Avoid hard, gritty foods such as peanuts, popcorn, tacos, crusty bread and chips.
- ◆ The teeth may be sensitive to cold after the roots have been cleaned. This is not permanent and brushing with "Sensodyn", "Crest for Sensitive Teeth" or a prescribed toothpaste can reduce sensitivity.
- ◆ Brush and floss gently today and resume normal flossing and brushing as soon as possible. Remember, plaque will rapidly reform and prevent gum pockets from closing, so your thoroughness in home care is extremely important in the success of your treatment.
- ◆ Begin using the prescribed mouthrinse tomorrow.
- ◆ Progressing swelling, pain and bleeding are not normal following scaling and root planing. Please call our office (425) 556-9795 if this occurs.

#### ADDITIONAL INFORMATION

- ◆ **Tooth Sensitivity:**  
Teeth may be sensitive to temperature changes and /or sweets. The sensitivity to temperature may be intense at first, but usually diminishes quickly.
- ◆ **Bleeding:**  
Some slight bleeding may occur during the next several brushings, but the bleeding should steadily decrease after two or three days.
- ◆ **Appearance:**  
Root surfaces may be more exposed as the swelling of the inflamed gum tissue goes away. This may result in more open space between teeth.