

Patient Instructions After Scaling and Root Planing

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The following are some helpful suggestions that will increase your comfort and help you to receive the maximum benefit from periodontal treatment.

1. Tenderness is normal. To reduce tenderness and promote healing, rinse with warm salt water:
½ teaspoon salt in a 4 ounce glass of water, every two to three hours.
2. Avoid brushing or flossing the treated area for 12 hours. However, after 12 hours it is very important that you continue to brush well. Please be careful brushing and use a toothbrush with soft bristles. Moisten the brush with warm water if tissues are tender, prior to brushing.
3. Tylenol or Ibuprofen may be used as recommended for discomfort.
4. Highly nutritious foods are necessary for the healing process. Avoid foods that require excessive chewing, also, sticky, crunchy or coarse foods.
5. Tooth sensitivity is normal and temporary. You may use a desensitizing toothpaste such as Sensodyne or any major brand for sensitivity relief.
6. You may also gently massage the areas treated with your washed fingers. This will increase circulation and promote healing.
7. If you were numbed for this procedure, be careful eating or drinking while you are still numb – particularly hot foods and drinks or biting down on hard foods.

Please contact our office should you experience any other problems during the healing process at (816) 252-3545.