

**Miller Family Dentistry**  
**Christopher Scott Miller DDS**

## **Post Periodontal Scaling and Root Planing Instructions**

**Please read and follow these procedures. They will make you more comfortable and prevent any possible complications.**

**Please call or come by the office if you have any questions or difficulty.**

**Care of your mouth:** Brush and rinse your mouth as instructed with periomed rinse 2-3 times daily. Start homecare as instructed, immediately. In the beginning you may have to be gentle.

**Discomfort:** Your gums may become “achy” and a couple of ibuprofen will eliminate any discomfort. Sensitivity to cold may temporarily occur. Removing all plaque from the teeth and placing a dab of fluoride toothpaste on the “touchy” areas will stop cold or touch sensitivity in a few days.

**Eating:** Your next meal should be soft. Avoid any hard “chippy” foods like corn chips, potato chips, popcorn etc. for the next 3-4 days.

**Swelling:** Swelling or jaw stiffness occur very rarely, however if it does, place a warm towel to the face in the area of stiffness.

**Medication:** Please take Ibuprofen 400mg. twice a day for 7 days following your periodontal scaling appointment. This will help alleviate any discomfort or inflammation you may experience.

Please take your antibiotic prescription as instructed-finish the complete prescription.

**Smoking: Please do not smoke following scaling and root planing procedures. Tobacco smoke is an irritant to healing. Refrain from smoking for 48 hours or longer.**

