



columbus family dental care
David A. Dixon, DDS and Associates

INSTRUCTIONS TO FOLLOW AFTER SCALING & ROOT PLANING

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

CARE OF YOUR MOUTH: Rinse your mouth 2-3 times per day with warm salt water (1/4 tsp. salt to 8 oz. water) if your gums are tender. Start your home care as instructed, immediately. In the beginning you may have to be gentle. If an antibiotic has been prescribed, be sure to take it as directed until gone. If you have been given any home care samples, or special mouth rinses, use according to the label directions or as follows:

DISCOMFORT: Your gums may become "achy" and a couple of advil or tylenol tablets will eliminate any discomfort. Rarely is anything stronger than that needed. Sensitivity to cold or touch may temporarily occur. Removing all of the plaque from the tooth and placing a dab of fluoride toothpaste on the "touchy" tooth will help stop that cold or touch sensitivity in a few days. If the sensitivity does not go away or if there are many sensitive teeth, then a toothpaste specifically for sensitive teeth should be used. We will recommend which one would be best for you.

EATING: Your next meal should be soft. Avoid any crunchy foods like potato chips, popcorn or nuts for 3 to 4 days.

SWELLING: Swelling and jaw stiffness occur very rarely; however, if it does, place warm moist towels on your face in the area of stiffness.

SMOKING: Please do not smoke following scaling and root planing procedures. Tobacco smoke is an irritant to healing. Try to refrain from smoking for 24 hours or longer.

If any problems arise, or if you have any questions about your home care, feel free to call our office.

Thank you,

Columbus Family Dental Care

1645 Holt Road • Columbus, OH 43228
Phone: 614-878-1397 • Fax: 614-878-1336
www.columbusfamilydentalcare.com

A General Dentistry Practice