

## Scaling & Root Planing

### Post Op Instructions

- Anesthetic was used today – please avoid chewing until anesthetic has dissipated.
- Possibility of post-operative sensitivity to hot or cold. Initially avoid extremes in temperature.
- For discomfort take an anti-inflammatory as needed. Motrin or Ibuprofen typically.
- Need for excellent hygiene. Keep area clean even if a little sore. Brush and floss after each meal.
- Warm salt water rinse; 8oz water, 1/4 tsp salt; 3 times daily.

Please call our office if you have any questions or concerns call at 864-962-5522.