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Post-Op Instructions – Scaling and Root Planing

To minimize the discomfort and aid proper healing following your deep cleaning, we suggest the following:

- After the procedure, take 600-800mg ibuprofen before the anesthetic wears off.
- Rinse with a warm salt-water solution (mix ½ teaspoon salt in 8 oz. warm water) two or three times a day for the next 24-48 hours.
- Use a soft toothbrush always. Be gentle and clean thoroughly. Slight bleeding may occur while brushing as the tissues begin to heal.
- Avoid strong spicy seasonings, and hard crunchy foods for the next few days.
- As the tissues heal, some sensitivity to cold may occur. Use a desensitizing toothpaste (such as Sensodyne or Denquil), or fluoride gel (such as Prevident or Gel-Kam) frequently (at least 4 times/day) for 1 to 2 weeks. Also, the cleaner the teeth are kept, the less sensitive they will be.
- Faithfully use oral hygiene aids that have been recommended (floss, Perio-Aid, rubber tip, Sonicare, Proxabrush, Gel-Kam fluoride, Peridex mouthrinse, etc).
- Refrain from smoking for 24 hours or longer. Tobacco interferes with healing.

If you have any questions or concerns, do not hesitate to call our office for a follow up appointment.