

SMILEORA DENTAL CARE
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INSTRUCTIONS FOLLOWING SCALING & ROOT PLANNING(DEEP CLEANING):

- ❖ Following periodontal therapy, your lips, teeth and tongue may be numb for several hours. Avoid any chewing until the numbness has completely worn off. Do not eat anything for two hours.
- ❖ You can take over-the-counter pain medication for any discomfort you may have.
- ❖ After treatment, rinse gently three times a day with warm salt water (a teaspoon in a cup of water) for the first three days. After that, begin rinsing twice daily with peridex. Follow the instructions on the bottle. Avoid vigorous rinsing until the healing has taken place.
- ❖ For the first 48 hours, avoid eating crunchy, spicy or hot foods. Restrict your diet to soft foods such as yogurt, ice cream, soup etc. until you can chew comfortably.
- ❖ Brush gently today even if your gums are tender to help remove the plaque that has started to reform. Always use gentle fluoridated tartar control toothpaste.
- ❖ You don't need to floss or use any home care aids i.e. toothpicks, etc. today if there is too much sensitivity.
- ❖ Follow all your home care instructions exactly as directed. Success of treatment depends directly in the improvement of your oral hygiene. Please call us if you have any questions or concerns at (860) 265-7890.