

# Homecare SRP

## Scaling and root planing aftercare

Now that you have had scaling and root planing therapy, it is important to follow these recommendations to speed healing.

- ❖ Do not eat anything for 2 hours after surgery. When you do feel comfortable enough to eat, but you still have numbness, be careful not to bite your cheeks or tongue.
- ❖ For the first 48 to 72 hours, restrict your diet to soft foods such as yogurt, scrambled eggs, and soup, until you can comfortably chew. Chew on the side of your mouth opposite of the surgery site.
- ❖ Avoid alcoholic drinks and hot or spicy foods until your gums are healed.
- ❖ Do not use any tobacco products for at least 72 hours because tobacco slows healing.
- ❖ If we used an anesthetic, take pain medication before the anesthetic wears off to control any discomfort, or as recommended. It is normal to experience some discomfort for several days after surgery.



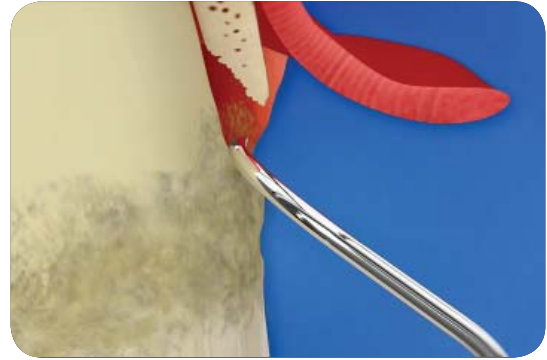
*Avoid alcohol*



*Use an ice pack*



*Some discomfort is normal*



*Planing a tooth root*

- ❖ For the first 6 hours after surgery, apply an ice pack, 20 minutes on and 20 minutes off, to decrease pain and swelling.
- ❖ After 24 hours, reduce discomfort or swelling by gently rinsing your mouth with warm salt water 3 times a day. Use about 1 teaspoon of salt per glass of warm water.
- ❖ Brush the treated area very lightly the first night. To make this more comfortable, first rinse your toothbrush under hot water to soften the bristles.
- ❖ The next day, begin flossing lightly, and gradually return to your usual home care over the next week. It is normal to have some slight bleeding for the first few days when you brush and floss the treated areas.
- ❖ Brush and floss the non-treated areas of your mouth normally.
- ❖ Use a desensitizing toothpaste if your teeth are sensitive to hot, cold, or pressure.
- ❖ If we prescribed a medicated mouthrinse, use it as directed. Avoid mouthwashes that contain alcohol.
- ❖ Call us if discomfort is not diminishing day by day, or if swelling increases or continues beyond 3 or 4 days.

Please, call if you have questions or concerns.