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POST ROOT PLANING INSTRUCTIONS

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

ANESTHESIA

Do not eat or drink anything for the next 4 hours.

CARE OF YOUR MOUTH

Drink cold fluids. After 4 hours, rinse 6-8 times per day with moderately warm salt water for 2-3 days (add 1 teaspoon of salt to 8 ounces of warm water).

DISCOMFORT

Some soreness is normal after root planning, but this will not create any disruption of your normal activities. Sensitivity to cold may temporarily occur. This can usually be controlled with Tylenol or Advil/Motrin. Should toothache, pain or swelling occur, please call our office.

CLEANING

Brushing and flossing are important to the healing process and must be continued as usual. Bleeding may occur with brushing and flossing, but do NOT stop. This is perfectly normal and will disappear in a few days.

EATING

Avoid hard, crunchy foods, like potato chips, popcorn, hard crusts of bread, etc. It is recommended that you maintain a soft food diet for your next two meals.

SMOKING

Please refrain from smoking 24 hours or longer if possible. Tobacco smoke is an irritant to healing. If you have any questions, please call our office.