



### **AFTERCARE INSTRUCTIONS: SCALING AND ROOT PLANING**

**You have just had scaling and root planing performed on one our more quadrants of your mouth. This is a non-surgical periodontal treatment which is intended to decrease the depth of periodontal pockets along with a regular program of home care. This procedure alone will not have the desired effect without active participation on your part. It is imperative that you follow the instructions that were given to you by your hygienist.**

**When the anesthesia wears off, (if you had a local administered), you may wish to take an analgesic (whatever you would normally take for a headache). In most cases, no analgesic is needed. A local anesthetic will generally begin to wear off in one to three hours, depending on the amount that was administered.**

**For one or two days following therapy, warm salt water rinses are recommended (unless an anti-microbial mouth rinse was prescribed) to aid in healing of the gum tissues, and to decrease inflammation. A small amount of bleeding around the teeth is normal, and is not a cause for alarm.**

**You should continue with your prescribed home care regimen (brushing, flossing, rubber tip, proxabrush, antimicrobial rinses, etc.).**

**If swelling should occur, significant bleeding, acute pain or soreness lasting for more than one or two days, please contact the office @ (631) 669-2330.**

**We look forward to seeing you at your next visit.**