

## **Scaling & Root Planing (non-surgical) Instructions**

### Brushing/ Flossing

- Gently brush and floss the treated areas.
- The areas will be sore, tender and may slightly bleed during brushing and flossing, however, it is important to keep the area clean during healing

### Eating / Chewing

- Avoid crunchy and spicy foods as necessary

### Discomfort

- Once the anesthetic wears off, you may experience discomfort and cold sensitivity
- Take as needed Ibuprofen (Advil, Motrin), Tylenol

### Bleeding

- It is normal to experience slight bleeding for the first 2-3 days
- Some medications can increase the amount of bleeding such as aspirin, plavix, coumadin

### Working

- You may not want return to work the day of the procedure due to possible discomfort and slight bleeding

### Exercising

- Avoid exercising or heavy lifting for 1 day

### Smoking

- Smoking can delay the healing process

### 1 Month Follow-up Appointment

- An appointment will be scheduled for you to return approximately 1 month following your second root planing procedure
- This appointment will include probing, scaling, polishing, and fluoride

Questions or Concerns

- Office # 317-844-2792
- After hours emergency # 317-691-4169