

After Care for: Scaling and Root Planing

Brushing/Flossing

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

Eating/Chewing

- Avoid crunchy and spicy foods for 1 week

Discomfort

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

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, Xarelto, Eliquis, Plavix, Coumadin

Working

- It is advised not to 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

4-6 week follow up appointment

- An appointment will be scheduled for you to return approximately 4-6 weeks following your second root planing procedure
- This appointment will include probing, scaling, polishing, and fluoride treatment

Questions or Concerns

- Office – 317-844-2792
- After hours emergency for Dr. Kurt – 317-691-4169
- After hours emergency for Dr. David – 317-405-7420