

Scaling and Root Planning

Wait two hours after your procedure before eating, and eat only soft food for the first 48 hours (ideally, for 72 hours).

- Until healing has occurred, avoid hot, spicy foods and alcohol.
- Avoid tobacco products for at least 72 hours.
- On the first night, brush the area lightly with a soft brush.
- Use a mouth rinse after 48 hours.
- Continue with all antibiotics for the full course even if symptoms have subsided.

If you have any discomfort:

- Take a pain reliever before the anesthetic has worn off or as recommended.
- Rinse mouth with warm salt water.
- Contact our office if you experience bleeding that continues for more than three days or if you have any other concerns.