

# PERIODONTICS OF ELGIN, LTD.

**DR. FRANK A. MAGGIO D.D.S.**

A PRACTICE LIMITED TO PERIODONTICS  
IMPLANTS ORAL MEDICINE

## POST SCALING AND ROOT PLANING INSTRUCTIONS

Please read and follow these instructions:

1. **CARE OF YOUR MOUTH:** Start brushing, flossing, and continue your prescribed oral hygiene regiment immediately. You may have to GO EASY at first, but make every effort to keep your mouth plaque free. We recommend rinsing your mouth several times on the day of treatment, with warm salt water (use 1/4 tsp to 8 oz. water) or Listerine.
2. **DISCOMFORT:** Some discomfort is expected when the anesthesia wears off. Usually a couple of Advil or Tylenol will eliminate any discomfort. Sensitivity to cold or touch may temporarily occur. Removing all plaque from the tooth surfaces and brushing with a fluoride toothpaste and/or fluoride rinse, that we may prescribe, will reduce or eliminate sensitivity in a day or two.
3. **EATING:** Avoid eating any hard, gritty foods such as peanuts, popcorn, chips, hard bread; or anything that has small seeds such as strawberries, poppy seeds, or sesame seeds. Spicy or acidic foods may cause discomfort for a few days.
4. **BLEEDING:** Slight bleeding may continue for several hours following the procedure. This is not unusual and will stop. If bleeding persists beyond a few hours, please call our office.
5. **SWELLING:** Very seldom does swelling occur. If it does, rinse your mouth every couple of hours with warm salt water (use 1/4 tsp salt to 8oz. water), and/or Listerine. If swelling increases and does not go away please call the office.
6. **SMOKING:** Please refrain from smoking or chewing tobacco for 24 hours or longer after scaling and root planning procedures. Tobacco use interferes with the healing process.
7. **EXERCISE:** Avoid any aerobic activity for the rest of the day; e.g., jogging, tennis, racquetball, and any other strenuous activity. Take it easy.