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CARE INSTRUCTIONS

Scaling and Root Planing (Deep Cleaning)

To minimize the discomfort and encourage proper healing following your scaling and root planing, follow these instructions:

- If you received anesthesia, do not eat or chew until the numbness has subsided. Wait two hours after your procedure before eating, and eat only soft food for the first 48 hours (ideally, for 72 hours).
- After the procedure, take acetaminophen (Tylenol®), or ibuprofen (Advil®) before the anesthetic wears off. Continue to take one tablet every four hours for the next two days.
- Use a soft toothbrush at least two times a day. Be gentle and clean thoroughly. Slight bleeding may occur while brushing as the tissues begin to heal.
- Avoid strong spicy seasonings, and hard crunchy for the next few days.
- Smoking should be stopped. Success of the treatment will be substantially reduced by the cigarette smoke chemicals in your body.
- As the tissues heal, some temporary sensitivity to cold may occur. Use a desensitizing toothpaste (such as Sensodyne®), or fluoride gel (such as Prevident® or Gel-Kam®) frequently (at least 4 times/day) for 1 to 2 weeks. Also, the cleaner the teeth are kept, the less sensitive they will be.
- Faithfully use any other oral hygiene aids that have been recommended (floss, Perio-Aid®, rubber tip, Sonicare®, Proxabrush®, Gel-Kam® fluoride, Peridex® mouthrinse, etc).

If you have any discomfort:

- Take a pain reliever such as acetaminophen (Tylenol®), or ibuprofen (Advil®) before the anesthetic has worn off or as recommended.
- A saltwater solution (1/2 teaspoon salt + 1/2 teaspoon soda + 8 ounces warm water) swished in your mouth for 2 to 3 minutes every hour may make your mouth more comfortable.
- If you have any questions or concerns, please contact our office.