

## POST-OPERATIVE INSTRUCTIONS AFTER SCALING & ROOT PLANING

**Discomfort:** You may experience some tooth sensitivity after deep cleaning, especially to cold. Sensitivity may last for several weeks or months after deep cleaning. If sensitivity is extreme, contact the doctor for recommendations or medications to relieve the discomfort.

**BLEEDING:** Some bleeding is normal the first 24-48 hours after surgery. Some seepage may occur, giving your saliva a red or pink color. **If bleeding continues, apply light pressure to the area with a moistened gauze or moistened tea bag. Keep in place for 20-30 minutes.**

**ORAL HYGIENE:** Starting the day of procedure you may return to your daily dental routine the day after surgery, staying away from the surgical site with your toothbrush/floss/rubber tip. **If** the doctor has given you a prescription for a bottle of Peridex mouth rinse start the day after the procedure

**DIET:** You may eat as tolerated after the numbness has worn off

**HOMECARE:** Rinse your mouth 2-3 times per day with your preferred mouth rinse or warm salt water. This can be made by dissolving one tablespoon of salt in an 8-oz glass of water. Start home care as instructed. Do not be concerned if there is mild bleeding during brushing for a few days following the deep cleaning procedure.

Practice the best oral hygiene possible and your healing should progress well.

**SMOKING:** Smoking can be a large risk factor in post-operative inflammation and/or infection. If you are a smoker, please do your best to avoid smoking.

**Special instructions:** if you were under IV Sedation, do not drive for at least 24 hours after surgery. Do not operate heavy machinery. Do not drink alcoholic beverages for at least 24 hours after surgery or after taking pain medications. **DO NOT SMOKE FOR AT LEAST 3 WEEKS AFTER SURGERY. Do not pull lip to visualize, this may rip the sutures the doctor may have used. It is important to not smoke, use a straw or rinse you mouth vigorously. These activities could dislodge the clot and slow down healing. Limiting your activity for the next 24 hours keeps your blood pressure lower, reduces bleeding and helps the healing process.**

In case of an emergency call the office Mondays & Wednesdays 7:00AM-6:00PM, Tuesdays & Thursdays 7:00AM-5:00PM Fridays 7AM-2PM. All other times call the doctor's mobile number.  
Dr. Jackson's mobile # 203-321-5078