



**Michael B. Wexler, D.D.S.**  
7265 E. Tanque Verde Rd. Ste. #101  
Tucson, AZ 85715  
Telephone: (520) 888-SMILE (7645)  
Fax: (520) 885-9206  
[www.888-SMILE.com](http://www.888-SMILE.com)

### **Post-ops for Periodontal Scaling & Root Planing (“Deep Cleaning”)**

You have completed your first periodontal scaling & root planning appointment. Here are a few tips to remember and follow. These “tips” will help you through the next few days and make your periodontal treatment a success.

1. Rinse your mouth 3-4 times daily with warm salt water solution (1/2 cup water and 1/2 teaspoon salt). Do this for at least 5 days after your treatment.
2. Take Ibuprofen, Naproxen, or Tylenol as needed for any discomfort. Some mild discomfort is normal and to be expected for 2-3 days. Be especially careful when eating (chewing) on the side(s) of your mouth which was/were treated. Avoid “spicy” foods, nuts, seeds, and popcorn for 3 days. Soft foods may be best until the sensitivity decreases.
3. Keep the treated areas clean, even if they are tender. It is very important to follow the oral hygiene instructions given to you by your dental hygienist.
4. Over the next few days and weeks, as your teeth and gums become healthier, your gum tissue will shrink. More “tooth” will be exposed and this exposed surface may be sensitive. The best way to decrease sensitivity is by keeping the area as clean as possible.

Follow the above recommended guidelines for your best possible comfort and healing during and after treatment.

Don’t forget to call our office (520) 888-SMILE (7645) with any questions or check our website [www.888-SMILE.com](http://www.888-SMILE.com) for FAQ’s.