

**SCALING AND ROOT PLANING**

**POST PROCEDURE INSTRUCTIONS**

Your gums may be tender or sensitive following the treatment you received today. The following information and procedures will help ensure healing and a quick recovery.

* Rinse with warm salt water once or twice a day for the first day or two. Use about 1 tsp. salt to ½ cup warm water.
* Take an over-the-counter medicine containing ibuprofen (Advil or Motrin). If you are allergic to ibuprofen or aspirin, you should take Tylenol instead. Take any prescriptions that may have been given as directed.
* Some slight bleeding may occur during the next few days, but should steadily decrease after the second or third day following treatment.
* Your teeth may be sensitive to temperature changes and/or sweets. This sensitivity may be intense at first but will typically diminish over the next few weeks. You may use sensitive toothpaste such as Sensodyne to help with sensitivity.
* You should clean your teeth as instructed. Removing the bacterial plaque from your teeth every day is the best way to ensure your gums will heal. Initially, you may experience mild tenderness and bleeding during brushing. This is normal. Continue brushing with a soft bristle toothbrush and cleaning in between your teeth with floss or a proxy brush.
* If pain, bleeding, or sensitivity persist or are unbearable, please contact us.
* Patients occasionally develop a periodontal abscess following scaling and root planing. If you notice a painful swelling on your gums, let us know as soon as possible.
* It is extremely important that you maintain your regular diet as much as possible in order to promote proper healing but avoid eating hard foods that require a lot of chewing pressure, tart or spicy foods, nuts, chips, or popcorn. Drink plenty of fluids the first 48 hours after surgery
* Your treatment is not complete. We will work with you to maintain your dental health by seeing you for periodontal maintenance.

\*\* If you have a post-operative **emergency** and need to reach Dr. Mullins after hours, she can be contacted directly at 816.719.3200 or stephmullinsdds@gmail.com. **Please note**: an after-hours fee may apply to calls that are not true emergencies \*\*   
**Please report any signs or symptoms of COVID-19 within the next 14 days.**

We appreciate the opportunity to be a part of your dental team and we hope your treatment was as pleasant as possible. Please don’t hesitate to call with any concerns or questions you may have!  
  
Dr. Stephanie L. Mullins & Staff