



Post Scaling and Root Planing Instructions

Use 1 cup of warm water and 1 teaspoon of salt and do a vigorous rinse 3 – 4 time per day for 3 – 4 days following a scaling and root planning procedure.

After the several days of the salt water rinse switch to the antimicrobial oral rinse (PeioGuard Chlorhexidine) that was given to you OR an antibacterial over the counter mouth rinse (Listerine, Crest Pro Health).

If you have any discomfort or tenderness when the anesthesia wears off take 800 mg of an ibuprofen (no acetaminophen).

If you had Arestin® Antibiotic placed:

Avoid touching areas of your gums that have been treated.

Wait 12 hours before brushing your teeth.

Wait 10 days before flossing, waterpik, electric toothbrush, toothpicks or other devices that clean between your teeth.

Avoid eating any hard, crunchy or sticky food for 1 week following treatment.

Being compliant with your homecare and the recommendations (waterpik, electric toothbrush, daily flossing) that Angela has given you is very important for the overall success after scaling and root planning.

Because of the bacteria that causes periodontal disease are persistent, the infection can return. Please be sure to continue your care with three month follow-up appointments to maintain healthy gums and teeth.

If scaling and root planning with the application of Arestin® is unsuccessful a referral to a gum specialist (Periodontist) may be recommended.