

HOME CARE INSTRUCTIONS AFTER DEEP CLEANING

- If your gums are bleeding, lightly rinse your mouth 2-3 times per day with warm salt water until bleeding stops. Mix one teaspoon of salt to 8 ounces of water.
- Your gums and teeth may become uncomfortable and sensitive after Scaling and Root planning. Pain relievers such as Advil or Tylenol should eliminate any discomfort.
- Sensitivity to cold and hot may temporarily occur.
- Eating: Your next meal should be soft. Avoid any hard foods for the next 3-4 days.
- Smoking: Please do not smoke following scaling and root planning procedures for 48 hours. Tobacco smoke is an irritant to healing.