

Post-Operative Instructions – Scaling and Root Planing

What to Expect:

- Mild soreness or tenderness for a few days
- Slight bleeding from the gums
- Cold sensitivity temporarily

Call If You Notice:

- Bleeding continues past 48 hours
- Swelling or pus develops
- Pain worsens instead of improving

What to Avoid:

- No smoking—it delays healing
- Avoid crunchy or spicy foods on day one

What to Do:

- Rinse with warm salt water (1 tsp salt + 8 oz water)
- Use sensitivity toothpaste for relief
- Brush and floss gently but thoroughly

Gibney Pro Tips:

- Skip mouthwash for 24 hours (it can sting!)
- Smoothies & soft veggies are your go-to foods
- Stay hydrated to keep your gums happy

You Did the Hard Part, Now Let's Keep It Clean!

Your gums are on their way to health. Keep up the great habits and let us know if you need anything at all!