

MSMILINE CLINIC

Home Care After Root Planning and Scaling

1. Rinse with warm salt water every few hours (1/2 tsp. salt in 8oz water) every hour for the remainder of the day to encourage healing and sooth discomfort.
2. Be careful not to bite or chew your lip, cheek or tongue while they are numb. Avoid chewing for 2 hours after this procedure or until numbness has worn off.
3. Keep your fingers and tongue away from the areas that have been treated.
4. Drink 8 glassed of water or fruit juice a day.
5. Take pain medication according to directions on label for a couple of days to help with the discomfort, do NOT take Aspirin.
6. Do not drink hot liquids or eat hot spicy food after this procedure.
7. Rinse your mouth with [BreathRX](#) or [Periogard](#) to reduce oral bacteria.
8. Eat a soft healthy diet like yogurt, soft cooked eggs, or soups.
9. Do not [smoke](#) or [chew](#) tobacco for 72 hours after the procedure to allow for healing.
10. Gently [brush](#) and [floss](#) your teeth after each meal.
11. Use your Chlorhexidine as instructed to keep the area clean and free of the bacteria that causes plaque and calculus build-up during the healing period.
12. **It is must be remembered that a side effect of aspirin is it can increase bleeding by inhibiting blood clotting** making it unsuitable following root planing and scaling.

Your care of your teeth and gums after treatment is critical to reduce the risk of recurring periodontal disease.