



DAVID KAHN DMD | MATTHEW KAHN DDS

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## POST-OP INSTRUCTIONS SCALING AND ROOT PLANING

### What to expect following surgery:

- **Bleeding:** Small amounts of blood in the saliva can make your saliva appear quite red. This is normal and may be noticed the day of or morning after the procedure.
- **Pain:** Moderate discomfort may be noticed when the anesthetic first wears off, and may continue for several days.
- **Swelling:** Some swelling and or/bruising of the lip and/or cheek may occur and may last for a few days.

### What to do following the surgery:

- After leaving the office, rest and avoid strenuous activities for the remainder of the day. Activities that elevate your blood pressure can increase risk of bleeding.
- Avoid aspirin as a pain reliever if you are going to take over the counter analgesics. Aspirin is an anticoagulant that can increase your risk of bleeding.
- Applying an ice bag to the face over the operated area will minimize swelling. Apply for 15 minutes, then remove for 15 minutes. Continue as needed.
- Eat soft foods for the first 48 hours following surgery. Pieces of crunchy foods can get lodged in the surgical site, increasing the risk of infection. Maintain a good, balanced diet. Drink plenty of water. Do not drink through a straw as it can increase the risk of bleeding. Avoid alcohol for 48 hours.
- Avoid spicy foods that may irritate the area where the procedure occurred.
- Avoid chewing directly in the area of the procedure.
- Brush your teeth after each meal. Be gentle in the area of the procedure. Slight bleeding may be observed.
- A saltwater solution (  $\frac{1}{2}$  tsp. salt +  $\frac{1}{2}$  tsp. baking soda + 8 ounces warm water) held in your mouth for 2-3 minutes every hour may make your mouth more comfortable. Smoking should be stopped following surgery. Healing and success of the surgery will be substantially reduced by the cigarette chemicals in your body.
- If you were given an antibiotic prescription, take all of them as directed until they are gone. Women: some antibiotics can reduce the effectiveness of birth control pills. Use alternate birth control methods for two months.
- You may be instructed to use a prescription antimicrobial mouth rinse.



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**Please call LI Sound Dental Solutions if you have:**

- Uncontrollable pain
- Excessive or severe bleeding
- Marked fever
- Excessive warm swelling occurring a few days after the procedure
- Reactions to medications, especially rash, itching or breathing problems

***Following these instructions very closely will greatly help your comfort and promote uneventful healing of the area. If any of the instructions are not followed, you might have significantly more discomfort and the success of the procedure may be affected.***