

Palo Verde Periodontics, PLLC

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INSTRUCTIONS FOLLOWING SCALING AND ROOT PLANING

Please read and follow these procedures. They will make you more comfortable and will help to prevent any possible complications.

Care of your mouth: Start brushing, flossing and continuing your prescribed oral hygiene regimen immediately. You may have to GO EASY at first, but make sure to make every effort to keep your mouth plaque-free. We recommend rinsing your mouth several times on the day of treatment with warm salt water (1/4 teaspoon of salt to 8oz warm water). Do not swallow the water, spit it out after rinsing. The best way to treat the sensitivity that often follows scaling and root planing is to keep the teeth *meticulously* clean.

Discomfort: Some discomfort is expected when the anesthesia wears off. Usually a couple of acetaminophen (Tylenol) or ibuprofen (Advil or Motrin) will eliminate any discomfort. Sensitivity to cold or touch may temporarily occur.

Eating: Your next meal should be a soft one. Avoid any hard, gritty food such as peanuts, popcorn, chips, and/or hard bread for the next 3-4 days. Also, it is best to avoid hot, spicy foods and alcohol for the first 24 hours.

Bleeding: Slight bleeding may continue to persist for several hours following the procedures. This is not unusual and should stop on its own. If excessive bleeding persists beyond a few hours (aside from brushing or traumatizing the area), please call our office at (480) 782-1131

Smoking: Please refrain from smoking for 24 hours or longer after scaling and root planing procedures. Tobacco use interferes with healing.

Exercise: Avoid any aerobic activity for the rest of the day (i.e. jogging, tennis, racquetball) and any strenuous activities.

If you need to contact Dr. Tandy and cannot reach the office, her cell phone is (480) 560-3479.