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## **Scaling and Root Planing (Gum Treatment) Aftercare**

The following guidelines will make you more comfortable and prevent possible complications.

### **Care of Your Mouth**

If you feel discomfort, rinse 2-3 times per day with warm water (coffee temperature) salt water (1 tsp with 8 oz water). Then if it continues, you may use an anti-inflammatory pain reliever (Aleve or Advil). You may do your regular brushing, flossing or irrigating (such as the Waterpik) unless you had antibiotic placed under the gums. If you had Atridox or Arestin (which continues working for 14 days after treatment) placed, avoid the following: no flossing oral irrigating for 10 days and no brushing for the next 12 hours.

### **Eating**

Avoid eating until numbness goes away. Meals should be soft. Avoid any hard, chippy foods such as potato chips, popcorn, corn, seeds, etc. for the next 3 – 4 days.

### **To Promote Bone Healing**

If you are not allergic to anti-inflammatory medication take 400 mgs (Advil) or 220 mgs. (Aleve) in the AM and the PM for the next 24 hours.

### **Smoking**

Avoid smoking after scaling and root planning procedures. Tobacco smoke is an irritant to healing. Refrain from smoking 24 hours or longer.

### **Swelling**

Swelling or jaw stiffness occur very rarely. If it does, however, place warm, moist towels to the face in the area of stiffness.

**If any problems arise call the office at (718) 543-3704.**