

Post Scaling and Root Planing Instructions

Use 1 cup of warm water and 1 teaspoon of salt and do a vigorous rinse 3-4 times per day for 3-4 days following a scaling and root planing procedure.

After several days of warm salt water rinses, switch to the antimicrobial oral rinse (PerioGuard Chlorhexidine) that was given to you from your dentist.

If you have any discomfort or tenderness when the anesthesia wears off, take up to 800 mg of an ibuprofen (no acetaminophen).

If you had Arestin Antibiotic placed:

- Avoid touching these areas of your gums that have been treated.
- Wait 12 hours before brushing your teeth.
- Wait 10 days before flossing, waterpik, electric toothbrush, toothpicks or other devices - that clean between your teeth.
- Avoid eating any hard, crunchy or sticky foods for 1 week following treatment.

Being compliant with your oral homecare and your dentist's recommendations is very important for the overall success of your treatment.

Because bacteria that causes periodontal disease are persistent, the infection can return. Be sure to continue your care with 3 month follow-up appointments to maintain healthy teeth and gums.

If scaling and root planing and Arestin Antibiotic treatment is unsuccessful, a referral to a gum specialist (Periodontist) may be recommended.