

Gentle Dental Care
Georgia Dental Implant Center
5490 Crossroads Drive, Ste. 1, Acworth, GA 30102
Office: (770) 926-2784

Patient Instructions after Scaling and Root Planing (Deep Cleaning)

These are some helpful suggestions that will increase your comfort and help you receive the maximum benefit from your periodontal treatment.

1. Tenderness is normal. To reduce tenderness and promote healing, every two to three hours, rinse with warm salt water: ½ teaspoon salt in a 4 ounce glass of water.
If you have high blood pressure, please disregard this recommendation as you want to limit your salt intake
2. Avoid brushing or flossing the treated area(s) for 12 hours. However, after 12 hours it is very important that you continue to brush very well. Please be careful brushing, and use a SOFT toothbrush.
3. Tylenol or Ibuprofen may be used as recommended for discomfort.
4. Highly nutritious foods are necessary for the healing process. Avoid foods that require excessive chewing, also crunchy or coarse foods for the first week or until gums are no longer sore.
5. Tooth sensitivity is normal and temporary. You may use sensitivity toothpaste such as Sensodyne to help aid in the reduction of sensitivity.
6. If you are a smoker, please try to refrain from smoking for as long as possible after your initial treatment as smoking slows the healing process.
7. Use all prescribed rinses as instructed by your hygienist.
 - a. Chlorhexidine: rinse two times a day after brushing and flossing until gone
 - b. Stannous Fluoride: rinse two times a day after brushing and flossing until gone.***REMINDER: the prescribed rinses may cause a light brown staining on your teeth – you may use baking soda toothpaste to help minimize the appearance. THIS STAIN IS TEMPORARY.
8. If antibiotics were placed under your gum line, DO NOT FLOSS the treated areas for the first 48 hours.
9. Flossing is VERY IMPORTANT. Be sure you are flossing two times a day using the c-method of flossing as instructed by your hygienist. Remember the floss must go under the gum line to ensure that all bacteria is removed. Avoid using floss picks as your primary type of floss---they are GREAT for on the go, but traditional string floss is the best.

RECOMMENDED PRODUCTS

Sonicare
Waterpik
Interdental (Proxy) brushes
Woven dental floss

Lastly, please don't hesitate to contact our office should you experience prolonged bleeding or any other problems during the healing process (770) 926-2784.