



## Care of Mouth After Scaling and Root Planing

1. Your gums may be tender following the treatment you received today.
2. Rinse with warm salt water once or twice a day for the first day or two (about 1 tsp salt to ½ cup warm water).
3. Some slight bleeding may occur during the next couple of days but should steadily decrease after two or three days.
4. Your teeth may be sensitive to temperature and/or sweets. This sensitivity may be intense at first, but will usually diminish over a few days or weeks. Use of Sensodyne tooth paste may be helpful during this time.
5. You should clean your teeth as instructed by your dental hygienist. Removing the bacterial plaque everyday is the best way to ensure your gums will heal. Initially, you may experience mild tenderness and bleeding. This is normal. Continue brushing with a soft brush and cleaning in between your teeth with floss.
6. If pain, bleeding, or sensitivity persists, contact our office.
7. If you have discomfort, you can take one *Acetaminophen 500mg* (Tylenol) and two *Ibuprofen 200mg* (Advil) together every 4 hours as needed. If you have an allergic reaction to any medication, such as a skin rash or hives, stop the medication and call the office.

Hygienist seen today: \_\_\_\_\_

Companion Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(If patient uses sedation, companion must sign.)

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