



SCALING AND ROOT PLANING (SRP)

A F T E R C A R E

To minimize discomfort and encourage proper healing after your deep cleaning, please follow these instructions:

- Come in for maintenance cleanings every 3 months.
- Tenderness and discomfort are possible after SRP. Take over-the-counter pain medicine as directed, if needed.
- Warm salt water rinses are recommended to help soothe the area 2-3 times a day. If you are prescribed Chlorhexidine mouthwash, please use as directed.
- Refrain from smoking for 24 to 48 hours after scaling and root planing as tobacco will delay the healing of the tissues. Avoid spicy foods and hard crunchy foods for the next 3-5 days.
- Resume your home care regimen of brushing twice a day and daily flossing, but be gentle with the area recently treated. Your gum health must be maintained with proper home care, as instructed, and regular dental visits.

If you have questions or concerns feel free to contact our office.