



ASSOCIATED DENTISTS

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Scaling and Root Planing Home Care Instructions

Rinse with warm salt water.

Mix 1 teaspoon of salt with one cup of warm water.
Swish 3 times per day for 3 days to keep areas clean and promote healing.

Bleeding

Slight bleeding is not uncommon after this procedure; do not be alarmed. Apply pressure with gauze or a damp tea bag for 3 minutes to stop bleeding.

Discomfort

You may want to take 400mg of Ibuprofen or Motrin following your procedure to help with any mild pain. Repeat dose every 6 hours as needed.

Sensitivity

Your teeth may be sensitive for a few days. This is normal and will subside.

Brushing

Brushing and flossing may resume immediately. Be *gentle* around the treated areas.

Proper home care, plaque removal, and regular appointments with your hygienist are crucial in order to get the best result from your gum tissue treatment. If you have any questions please call our office.

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