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### **Home Care Instructions after Scaling and Root Planing**

**ACTIVITY:** After leaving our office today, we suggest that you consider relaxing or at least limiting your activity for an hour or two. Avoid strenuous activity today and aerobic exercise such as running, tennis, weight lifting etc.

**DISCOMFORT:** It is normal to experience some discomfort for several days after scaling and root planing, including sensitivity to cold or touch. To reduce soft tissue soreness, you may rinse your mouth 2-3 times per day with warm salt water (1/4 tsp. of salt in a cup of warm water). Generally, 400 to 800mg Ibuprofen (i.e. two to four over-the-counter tablets of Advil, Motrin, or generic ibuprofen) every six hours, is all that is needed for post-operative soreness. If you have an allergy or sensitivity to Ibuprofen or have been advised not to use it, you may take up to 1000mg of Acetaminophen (i.e. three regular Tylenol tablets or two extra-strength Tylenol tablets) every six hours.

**ORAL HYGIENE:** It is important to continue to brush and floss normally to keep all areas of your mouth clean. Also, rinse as described above as needed.

**INFECTION:** Infections are rare, but can occur after scaling and root planing. If you experience an increase in pain and gum swelling a few days after your procedure, please call our office.

**BLEEDING:** Bleeding will stop slowly, and light bleeding may continue for a few hours after scaling and root planing. If bleeding persists or increases, please call our office.

**EATING AND DRINKING:** After each appointment when anesthetic has been used, your lips, teeth, and tongue may be numb for several hours after the appointment. Avoid any chewing until the numbness has completely worn off. Also avoid spicy, hot, acidic, and hard foods for a few days while your gums heal from the scaling and root planing.

If you have any other questions or concerns, please call our office at 608-845-6127.