

RONALD J. LASCOE, DMD
MARC Y. WAKI, DDS
TAYLOR M. HOANG, DDS, Diplomate, American Board of Periodontology

PERIODONTICS
DENTAL IMPLANTS

Toluca Lake Center
3808 Riverside Drive, Suite 204
Burbank, CA 91505
(818) 842-6162
fax (818) 842-2052
www.burbankperio.com

POST SCALING AND ROOT PLANING INSTRUCTIONS

Please read and follow these procedures. They will make you more comfortable and prevent any possible complications.

CARE OF YOUR MOUTH

Do not eat or drink anything hot for the next four (4) hours. Drink cold fluids. After four (4) hours, rinse 6-8 times per day with lukewarm salt water (add 1/2 teaspoon salt to 4 oz. of warm water).

DISCOMFORT

Some soreness is normal after scaling but it will not create any disruption of your normal activities. Sensitivity to cold may temporarily occur. This can be controlled with Tylenol or Advil.

CLEANING

Brushing and flossing are important to the healing process and must be continued as usual. Bleeding may occur with brushing and flossing, but do not stop. This is perfectly normal and will disappear in a few days.

EATING

Your next meal should be a soft diet. Avoid hard crusty foods, like chips, popcorn and hard crusts of bread.

SMOKING

Please **do not** smoke after scaling and root planing appointments. Tobacco smoke is an irritant to healing.