



POST-OPERATIVE CARE INSTRUCTIONS

Scaling and Root Planing (Deep Cleaning)

You have just received scaling and root planing (SRP), a deep cleaning procedure to treat gum disease. Following these instructions will help ensure a comfortable recovery and the best possible healing.

WHAT TO EXPECT AFTER TREATMENT

It is normal to experience some or all of the following:

- Soreness or tenderness in the gums for 2–5 days
- Mild to moderate gum swelling and redness
- Tooth sensitivity to hot, cold, or sweet foods and beverages (may last 1–4 weeks)
- Slight bleeding when brushing or flossing for the first few days
- Numbness or tingling in the lips, cheek, or tongue until the anesthetic wears off (1–3 hours)

PAIN & DISCOMFORT MANAGEMENT

- Over-the-counter pain relievers (ibuprofen or acetaminophen) taken as directed are effective for most patients.
- If prescribed antibiotics or a prescription rinse, use them exactly as directed and complete the full course.
- Apply a cold compress to the outside of your cheek — 10 minutes on, 10 minutes off — during the first 24 hours.
- Avoid aspirin unless prescribed by your physician, as it may increase bleeding.

EATING & DRINKING

- Wait until numbness has completely worn off before eating.
- Choose soft, cool, or lukewarm foods for the first 48–72 hours.
- Avoid very hot foods and beverages for the first 24 hours.
- Avoid hard, crunchy, or sharp foods (chips, nuts, crusty bread) that can irritate healing tissue.
- Avoid alcohol for at least 24 hours, or longer if taking antibiotics.
- Stay well hydrated — drink plenty of water.

ORAL HYGIENE

Good home care is essential for healing. Do not skip brushing or flossing — clean teeth heal faster.

- Brush gently with a soft-bristled toothbrush twice daily. Light bleeding initially is normal.
- Resume flossing the day after treatment. Be gentle around treated areas.
- If prescribed a chlorhexidine rinse (Peridex®), use it twice daily for 2 weeks. Do not rinse with water immediately after.
- Rinse gently with warm salt water ($\frac{1}{2}$ tsp salt in 8 oz warm water) 2–3 times per day starting the day after treatment.
- Avoid vigorous rinsing or forceful spitting for the first 24 hours.

RECOMMENDED SUPPLEMENTS TO SUPPORT HEALING

The following supplements may support gum tissue healing and reduce inflammation. Discuss with your primary care provider before starting any new supplement, especially if you take medications.

- Omega-3 Fatty Acids
 - 1,000 mg combined EPA/DHA daily (target 1,000–1,300 mg combined)
 - Can come from high-quality fish oil or other supplements
- Vitamin C
 - 500 mg daily — supports collagen production and gum tissue repair
- Vitamin D3
 - 2,000 IU daily — supports immune function and bone health
- Zinc
 - 30 mg daily — promotes wound healing and immune response
- CoQ10 (Coenzyme Q10)
 - 200 mg daily — take as 100 mg in the morning and 100 mg at night to maintain more consistent blood levels

ACTIVITY & LIFESTYLE

- Avoid strenuous exercise for 24 hours after your appointment.
- Avoid tobacco use for at least 72 hours — it significantly slows healing and increases risk of complications.
- Get plenty of rest the day of your procedure.

CONTACT OUR OFFICE IF YOU EXPERIENCE:

- Excessive or uncontrolled bleeding
- Severe pain not relieved by over-the-counter medication
- Signs of infection: fever, increasing swelling, or pus
- An allergic reaction to any prescribed medication
- Swelling that worsens after the first 48 hours

YOUR FOLLOW-UP APPOINTMENT

A re-evaluation is typically scheduled 3 months after your SRP is complete. At this visit we will:

- Measure your gum pockets to assess healing
- Check for any remaining areas of infection or calculus
- Determine whether additional treatment is needed
- Update your ongoing maintenance schedule (typically every 3–4 months)

Questions or Concerns? We Are Here to Help.

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Thank you for trusting us with your care. We look forward to seeing you at your follow-up!