

Dale E. Colclasure
2501 Crestwood Suite 103
North Little Rock, AR 72116
(501) 758-3393

Instructions Following Root Planing

1. Take two Ibuprofen or Tylenol as soon as you can, before anesthesia wears off.
2. Avoid spicy, highly seasoned, brittle or coarse foods for two or three days. These foods could traumatize the healing tissue. We also recommend that you avoid alcoholic beverages and tobacco products during the course of treatment.
3. Rinse mouth with warm saltwater rinse: $\frac{1}{2}$ teaspoon of table salt dissolved in $\frac{1}{2}$ cup of warm water. Rinse as many times needed to use all of solution. Force solution between the teeth for two or three minutes. On the first day, rinse every two hours, after meals, after brushing teeth, and before bedtime. Rinse four times daily for the next three days.
4. You may experience tenderness, especially the first evening, and the tissue may be tender when flossing for up to two to three days. It is very important to completely remove plaque from your teeth. In order to do this comfortably, soften your toothbrush by holding it under hot running water for one minute. Place bristles at a 45-degree angle toward the gum line and gently massage the gum tissue in a vibratory motion. You should be able to feel the bristles under your gums slightly. Continue your daily routine in other areas of the mouth.
5. Following your home cleaning, use any medicinal agent we have prescribed for you, as directed, such as Chlorhexidine or PerioMed.
6. Beginning the second day, start using your floss, floss threaders, proxy brush, etc..., even though you may have some tenderness. Clean in between the teeth at least two times a day for the next three weeks. The importance of keeping your mouth free of plaque cannot be over emphasized. Your efforts at home will determine the success of your treatment!
7. You may experience some root sensitivity to temperature change after treatment. This will decrease with time. This hypersensitivity can be minimized by keeping the mouth free of plaque, brushing with toothpaste made for sensitive teeth, such as: Sensodyne, Denquel, or Crest Sensitivity, and by using a prescription strength fluoride solution, such as: GelKam or Prevident.

8. Do not be alarmed if you notice blood around the treated areas. This is not unusual. You should apply firm pressure to the area for a couple of minutes. If the bleeding persists or becomes excessive, please notify our office.
9. You should be seen no later than six weeks after the root planing and scaling for your periodontal maintenance appointment. The hygienist will re-probe, clean your teeth, and evaluate your progress. Then, your hygienist will determine your recall status.