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Scaling and Root Planing Post-Op Instructions

Scaling and root planing is a non-surgical treatment for periodontal (gum) disease. The procedure removes bacterial plaque and tartar from around your teeth and beneath your gum line.

The treatment cleans and smooths your teeth and roots. It promotes healing from inflammation and infection associated with gum disease.

- Avoid eating and chewing on the treated area for two hours following treatment or until your anesthesia wears off. Depending on anesthesia given, numbness can last for several hours after your appointment.
- Avoid hard foods such as chips, popcorn, and seeds for several days.
- Rinse your mouth two to three times per day with a warm salt water mix.
 - Use one teaspoon of salt to three ounces of water.
- Resume your home oral hygiene routine.
- Be gentle in the area of your treatment.
- Avoid smoking for 24 to 48 hours after your procedure.
- Slight soreness of gums is not uncommon following SRP. Use an OTC non-aspirin pain reliever (Advil, Tylenol, etc.) according to instructions if needed.

Contact us if you have persistent discomfort or swelling following your procedure.