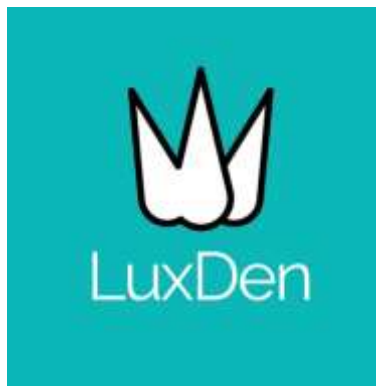




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Scaling and Root Planing - Aftercare

Now that you've had scaling and root planing therapy, it's important to follow these recommendations to speed healing.

- **Chewing and Eating**

If we used an anesthetic during the procedure, avoid chewing until the numbness has worn off completely. Wait at least two hours before eating, and then select a soft diet for the first 48 to 72 hours, chewing on the opposite side of your mouth. Avoid alcoholic drinks and hot or spicy foods until your gums are healed.

- **Tobacco Products**

Do not use any tobacco products for at least 72 hours after the procedure because tobacco slows healing.



No smoking for atleast 72 hours

- **Brushing and flossing**

Brush the treated area very lightly the first night. To make this more comfortable, first rinse your brush under hot water to soften the bristles.

The next day, begin flossing the area lightly, and gradually return to normal brushing and flossing over the next week.

If your teeth are sensitive to hot, cold or pressure, use a desensitizing toothpaste.

If we prescribed a medicated mouth rinse, use it as directed. Avoid mouthwashes that contain alcohol.

- **When to call us**

Call our office if bleeding, sensitivity or discomfort increases or continues beyond three or four days, or if you have any questions or concerns.



Follow all brushing guidelines to insure a smooth recovery