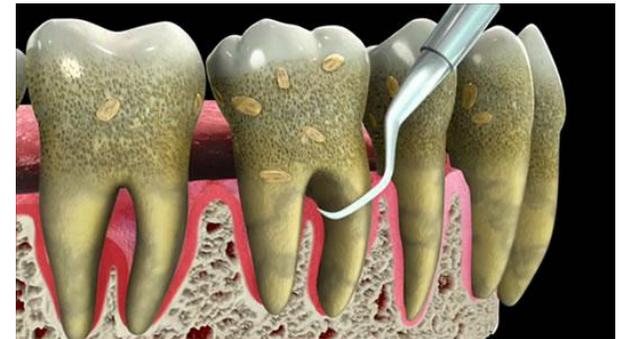


Post Operative Instructions for SCALING AND ROOT PLANING



Richard S. Butler, DDS, PA and Associates
Comprehensive General Dentistry



www.RichardButlerDentistry.com

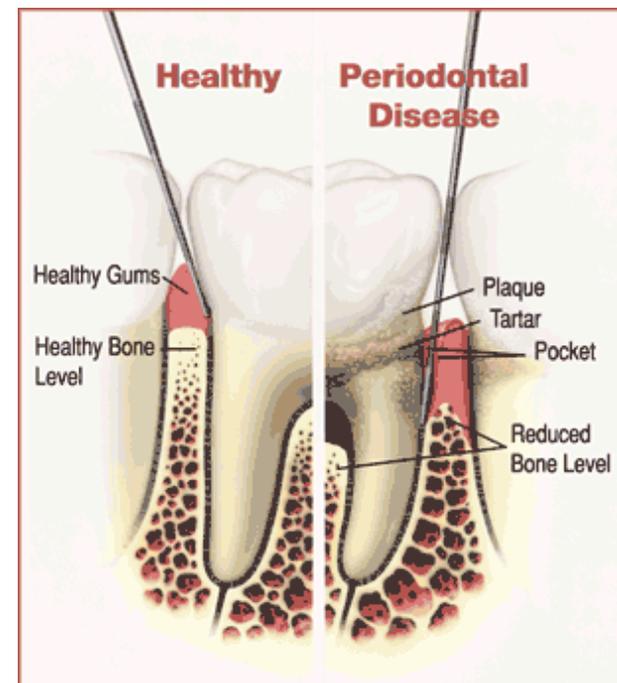
- If you experience any discomfort you may take over-the-counter pain medication.
- It is advisable to eat only soft foods for the first 24 hours, and avoid any hard or spicy foods which could cause irritation.
- Drink plenty of water during the first 24 hours – at least 8 glasses are recommended.
- **RINSING** – Do NOT rinse with alcohol based rinses. If you were prescribed a prescription rinse, continue using the rinse as indicated by Dr. Butler and the hygienist. Immediately after your treatment, you may want to rinse with warm salt water (½ teaspoon of salt to a glass of warm water). This will minimize pain and swelling. Repeat this several times daily.

- **BRUSHING** – always use a soft bristle toothbrush and brush your teeth very gently for next few days after treatment. We suggest any toothpaste that has fluoride and says “tartar control”.
- **DO NOT USE** – toothpicks, electric brushes or floss for 24 hours following your treatment. When you do begin to use these products, begin very gently.

Periodontal disease is only manageable with meticulous home hygiene and regular dental checkups. If you do not do your part, the disease is likely to recur.

Follow the instructions given to you by your hygienist for your personalized home care.

Make sure you keep your check up appointments, whether they are 3, 4 or 6 months.



Please follow these home care instructions carefully and call the office at (910) 799-9916 if you have any questions or concerns