

After Scaling & Root Planing (aka. Deep Cleaning) Instructions

FREEZING

- It may take a few hours for the freezing to wear off.
- Take care to not bite or chew your lips and cheeks until the freezing has worn off.

EATING

- You can start eating right after your procedure.
- **AVOID** hot foods until the dental freezing has worn off. While still numb, eat cold foods such as cold yogurt, pudding, ice cream or jello for comfort, and to help minimize swelling.
- Sensitivity to cold foods, after the freezing has worn off, is normal after a deep cleaning. We recommend gradually introducing cold foods (e.g. ice cream) into your diet as you feel comfortable.
- Slight discomfort with heavy chewing is normal after a deep cleaning. We recommend a **SOFT DIET** for the first few days. Soft foods such as: oatmeal, scrambled eggs, soups, fish, shredded chicken, ground beef, rice, pasta, mashed potatoes, avocados, steamed vegetables, sliced fruit (e.g. mangos, pears, banana), room temperature yogurt, jello, pudding, etc will be easier to eat, until you feel comfortable chewing harder foods.

BRUSHING AND FLOSSING

- You can brush and floss your teeth normally. Some bleeding around the treatment area can occur during brushing and flossing, but this will go away within the next week.
- Sensitivity to cold water is normal after a deep cleaning. Use warm water when rinsing your mouth, and use the provided sensitivity relief toothpaste. Continue using a sensitivity relief toothpaste (e.g. *Colgate Sensitive[®]* or *Sensodyne[®]*) to help manage sensitivity.
- After meals, you may gently rinse your mouth with salt water (*1/2 tsp salt per 1 cup of warm water*) to clear food debris, and soothe the tissue in the treated area. Continue with the rinse until you can comfortably clean the treatment area with regular brushing and flossing.
- If you have been provided with additional toothbrushes (e.g. *Proxy brush*, or *Sulca Brush*) start using the brush as part of your regular home care routine when brushing your teeth. The instructions on use of the toothbrush are on the package.

SWELLING

- Slight swelling in the treatment area may occur, usually 1-2 days after the procedure. This swelling will go away on its own within the next week. If you notice the swelling is not going away or is getting worse please contact our office at **403-727-5307**, and after hours, please call Dr. Tom Wierzbicki at **(587) 891-3344**.

PAIN

- Take over the counter pain medication (e.g. Tylenol or Advil) as directed on the package, to reduce discomfort.

BLEEDING

- Mild bleeding from the treatment area, or red-tinged saliva, is normal for the first 24 hours. If you notice bleeding, place a **MOIST** gauze or a **MOIST** black tea bag over the treatment area, and hold it in place for 30 minutes. Repeat as needed until the bleeding stops.

SMOKING

- **AVOID** smoking or using tobacco products for as long as you can, as this delays healing and can increase the risk of complications.

FOLLOW-UP VISITS

- Once all your deep cleaning visits have been completed, you will be seen for a re-evaluation visit, usually in 2 months.. At this visit, we will assess the healing response of your teeth and gums to treatment, and help determine your future care. It is important that you attend this visit so that we can tailor your future care to your needs.

EMERGENCY AND QUESTIONS

- If you experience uncontrollable pain, severe bleeding or swelling, a fever, a reaction to the prescribed medications (*e.g. itchy rash*), or have any questions about healing and/or these instructions, please call our office at **403-727-5307**.
- After hours, please call Dr. Tom Wierzbicki at **(587) 891-3344**.
- In case of an emergency, go to the nearest hospital Emergency Room.