



## **Post Operative Care Instructions for Scaling and Root Planing**

After your appointment today, your gums may feel tender.

Please follow these instructions for best results:

1. Avoid spicy foods, hard foods, popcorn, berries or foods with seeds.
2. Eat a soft diet for the next 48 to 72 hours.
3. Avoid the use of tobacco.
4. Take Advil, Motrin or Tylenol (ibuprofen or acetaminophen) every four hours if needed.
5. You may use Periogard or warm salt water to rinse or apply to irritated areas.
6. If using a fluoride gel, apply this after using the rinse.

*\*Please note that people on a salt-restricted diet or who have high blood pressure should NOT rinse with warm salt water.*