

**ROOT PLANING AFTER-CARE INSTRUCTIONS:**

Root planing is a moderately invasive procedure; therefore some post-operative discomfort is expected. Ibuprofen is recommended for dental discomfort and you may take up to 600mg of ibuprofen every 6 hours. Should you experience increased pain and/or discomfort that is not responding to ibuprofen, please contact the office immediately and Dr. Ferguson will assess the situation and make recommendations.

Many patients find warm salt-water rinses soothing. Mix 1 tsp. salt with 8oz. warm water and gently swish several times daily.

Periodontal disease is a bacterial infection. Consequently, an improved home care regime will enhance the healing process. As instructed, thorough brushing, flossing, and the use of a proxabrush should be implemented immediately.

Dietary restrictions are limited. The only foods to avoid for the first 2 weeks following root planing (or Endoscope) are popcorn, peanuts and/or any other foods with a husk or seeds.

Success of this treatment is dependant on maintaining routine dental visits, including routine dental cleanings, and good oral hygiene. Dr. Ferguson will determine the frequency of your routine dental cleanings.

Should you have any questions or concerns, please call the office @344-0908.

To reach Dr. Ferguson after hours please call 484-2235 or

To reach Dr. Beaudry after hours call (480) 444-8119.

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Protect more than your Dental Health • *Protect your Total Health!*