Follow-Up Date: _____

Patient Instructions and Information – Scaling and Root Planing

General Information

1. Continue any daily medications unless instructed otherwise.
2. Eat a light meal prior to your scaling and root planing appointment.
3. Reduce or eliminate stimulants, particularly caffeine, the day of treatment.
4. Women should remove most makeup.
5. Remove contact lenses.
6. Stop by restroom prior to treatment.
7. Wear a short-sleeved shirt or loose clothing.
8. Notify the office if you develop a cold, sore throat, fever, or any other illness prior to your appointment.

Post-Treatment Instructions

1. Tenderness usually only persists for 24 hours after scaling and root planing.
2. 600mg of ibuprofen every 6 hours or a single Aleve every 12 hours is best at relieving any post-treatment discomfort.
3. Warm salt-water rinses can also relieve mild discomfort (1/4 tsp. salt in a 4 oz. glass of warm water).
4. Avoid hot, hard, spicy foods for 24 hours after treatment.
5. Do not alter or discontinue any home care for your teeth and gums. Regular brushing, flossing, and other specific instructions should be continued after treatment. Your ability to keep the area free of plaque will greatly enhance the healing process.

Note: A treatment time has been reserved especially for you. Any changes in your appointment time will delay completion of your treatment and will also affect many other patients. A fee may be charged for late cancellations (less than 48 hour notice).

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