



Scaling and Root Planing Post Op Instructions

1. Numbness from the anesthetic can take 1-3 hours to wear off. In some cases, it may take longer. Be careful not to bite yourself while you are numb. We advise you wait to eat until the numbness wears off. If you choose to eat while numb, eat soft foods to minimize the risk of biting your tongue, lip or cheek.
2. Rarely, temporary or permanent nerve damage can result from the injection. Please call our office if this occurs.
3. You may experience discomfort in the gums after the anesthetic has worn off. You may use warm salt water rinses and take ibuprofen if needed. Please notify our office if this lasts for more than a few days.
4. You may experience soreness in your jaw muscles from being open for an extended period of time. You may take ibuprofen if this occurs.
5. As the gum tissues heal they may shrink, exposing some of the root surface. This may cause sensitivity to hot or cold. Toothpaste for sensitivity may help with this.

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