



West River Dental

Healing After Scaling and Root Planing:

Chewing and Eating:

1. If we used an anesthetic during the procedure, avoid chewing until the numbness has completely worn off. Your lips, teeth, and tongue may be numb for several hours.
2. Wait at least two hours before eating and then select a soft diet for the first 48 to 72 hours. If possible, chew on the opposite side of your mouth.
3. Avoid alcoholic drinks and hot or spicy foods until your gums are healed.

Brushing and Flossing:

1. Brush the treated area very lightly the first night. To make this more comfortable, first rinse your brush under hot water to soften the bristles.
2. The next day, begin flossing the area lightly, and gradually return to normal brushing and flossing over the next week.
3. If your teeth are sensitive to hot, cold, or pressure, use a desensitizing toothpaste.
4. If we prescribed a medicated mouth rinse, use it as directed. Avoid mouthwashes that contain alcohol.

Medications and Discomfort:

1. If antibiotics were prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.
2. To control discomfort, take pain medication before the anesthetic has worn off or as recommended. It is normal to experience some discomfort for several days, especially when chewing.
3. To further reduce discomfort or swelling, rinse your mouth three times a day with warm salt water. Use about one teaspoon of salt per glass of warm water.

When to call us:

Call our office if bleeding, sensitivity or discomfort increases or continues beyond three or four days, or if you have any questions or concerns.