

## **Post op instructions for Deep Cleaning/ Scaling and Root Planing**

- Expect some bleeding of the gums for a few hours.
- You may apply ice on your face on and off for the next few hours.
- Avoid eating until the numbness wears off (2-4 hours). Liquid diet is okay.
- Avoid hot, spicy, hard, or crunchy foods for about 24 hours.
- Avoid smoking or vaping for at 24-48 hours as it slows healing.
- Take ibuprofen or acetaminophen as needed for pain if not medically contraindicated for you.
- Temporary cold/heat sensitivity is normal; use desensitizing toothpaste like Sensodyne or MI-paste if needed.
- Follow your oral hygiene routine, use any prescribed rinses (like Peridex) as directed and keep you follow-up dental cleaning appointments.