

Ka-Wing Chew, D.D.S. - Richmond Neighborhood Family Dental

Address - 3585 Balboa Street, San Francisco, CA 94121

Phone - (415) 221-8100

.....

Scaling and Root Planing (Deep Cleaning)

After this procedure your gums will probably be slightly sore and irritated for a few days. You should rinse your mouth with warm salt water (1 teaspoon salt /8oz of water) 2 – 3 times a day. This will relieve the pain and cleanse the area.

Brushing and flossing should be continued right after the procedure, but you should brush gently so that you do not further irritate the area.

If you experience any swelling or stiffness in the area you can place a cold compress on the area and take some pain-relieving medication.

Avoid any hard, chewy or sticky foods for 2 – 3 days after the surgery to ensure the area heals correctly.

If you continue to experience pain or swelling after a few days contact our office.