

Metro Dentalcare

Self-Care Instructions

Post Scaling & Root Planing

Please read and follow these procedures. They will help make you more comfortable and may prevent any possible complications.

- **Numbness/Anesthesia:** Your mouth will be numb for the next several hours. Be careful not to bite your lips or tongue and avoid hot beverages and food. Avoid any hard, crunchy or sticky foods for the next 2-4 days.
- **Care of your Mouth:** Start home care as instructed immediately. At first you may have to be gentle. Rinse your mouth 2-3 times per day with warm salt water as needed (one teaspoon of salt per 8 oz of warm water).
- **Discomfort:** Your gums will be tender or “achy”. Taking 3 tablets of Ibuprofen (600 mg) every 6 hours as needed, over the next couple of days, will eliminate any discomfort. Sensitivity to cold may temporarily occur. Removing all plaque from the tooth and placing a dab of “sensitive” toothpaste on the “touchy” surface will help to manage the sensitivity.
- **Smoking:** Please do not smoke following scaling and root planing procedures. Tobacco smoke is an irritant to healing. You must refrain from smoking for 24-48 hours, or longer.
- **Prescriptions:** If you were given a prescription, please be sure to take the medication as prescribed.
- **ARESTIN®:**
 - ARESTIN® is a small amount of antibiotic powder (minocycline) that may have been applied in conjunction with your scaling and root planing.
 - ARESTIN® remains in the pocket for 21 days.
 - The most common treatment-emergent adverse events

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are headache, infection, flu syndrome, and pain.

- If you have additional questions about ARESTIN®, please visit www.ARESTIN.com
- **Follow-up:** Because the bacteria that cause periodontal disease are persistent, the infection can return.
 - Please be sure to make follow-up appointments with your dental professional to maintain healthy gums and teeth.
 - It is important to keep all of your dental appointments so that your dental professional can re-examine your gums, make sure infection is under control, and measure the success of your treatment.

If any problems arise, please call our office.