

**POST-TREATMENT INSTRUCTIONS  
SCALING, ROOT PLANING AND CURETTAGE**

PLEASE FOLLOW THESE DIRECTIONS FOR THE NEXT 24-48 HOURS

1. The root surfaces may be sensitive to cold and touch for several days or weeks, but this sensitivity will disappear with time and through home care.
2. It is essential that you keep your teeth as clean and bacteria-free as possible after your visit to allow for optimum healing. You may gently brush the treated areas tonight, but wait 1-2 days before resuming flossing.
3. Eat soft foods today. Chew on the opposite side from the treated site for the next 3-4 days. Try to avoid extreme hot and cold temperatures in your mouth.
4. Avoid smoking, alcoholic beverages, carbonated drinks, spicy foods and popcorn as these may irritate the treated areas.
5. Numbness will remain in some area for a few hours. Avoid eating or wearing partial dentures until the numbness is gone to avoid injury to your lip, cheek or tongue.
6. Slight bleeding is normal at this stage and not a cause for worry, especially when you brush. You may have swelling in your gums initially. Both of these should resolve as you heal.
7. Rinse your mouth 2-3 times per day with warm salt water. (Mix 1 teaspoon salt with 6-8 ounces warm water)
8. If you have any concerns, please call our office (214)321-9191 or Dr. Lutz (972)989-6839.