



Kenneth E. Moore DDS

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Scaling and Rootplaning Post Op Instructions

- Rinse with warm salt water for tissue discomfort and faster healing: 2x a day for 2-3 days
- Take pain medication of choice as needed for any discomfort
- Sensitivity toothpaste or fluoride rinse for cold sensitivity
- No flossing, No Sonicare or water pick use for 48 hours if Arestin is placed
- Avoid foods that will stick between teeth such as seeds and popcorn for a few days following scaling and rootplaning.

*Please feel free to call the office with any questions or concerns regarding your periodontal treatment.

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