

Brookline Periodontal Associates

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Practice Limited To
Periodontics
Dental Implants
Oral Diagnosis

Patient Self-Care Following Scaling & Root Planing Care

ACTIVITY: After leaving our dental office today, we suggest you consider relaxing or at least limiting your activity as much as possible for an hour or two.

ORAL HYGIENE: Brushing and oral hygiene procedures should be done as usual in all areas of your mouth. Removing all plaque from your teeth and brushing with a fluoride toothpaste or fluoride that we may have prescribed or given to you will usually reduce or eliminate this sensitivity in a few days.

DISCOMFORT: Some discomfort may be present when the anesthesia wears off. Usually, a couple of Tylenol or Advil will eliminate any discomfort. Sensitivity of gums or teeth to cold or touch is common. Should intense discomfort occur at any time after this procedure, please call our office.

BLEEDING: Slight bleeding may continue for a few hours after this procedure. This is not unusual and should stop. If bleeding persists beyond a few hours, please call our office. Most of the red color you may see in your mouth is actually a little bit of blood mixed with a lot of saliva - blood is a very strong "dye" and a little bit of blood will color your saliva dramatically.

EATING AND DRINKING: Do not try to eat until all anesthesia (numbness) has worn off. Your first meal should be soft. Avoid spicy, salty, acidic, very hot or very cold foods or liquids. Also, avoid nuts, chips, popcorn, hard bread, or other crunchy or fibrous foods which may become caught between your teeth.

We want your treatment to provide as positive a healing experience as possible. If you are having any problems or have any questions not covered in these guidelines, please feel free to call us at any time.