

BOLAMPERTI FAMILY DENTISTRY

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INSTRUCTIONS FOLLOWING PERIODONTAL SCALING & ROOT PLANING

The purpose of scaling is to remove bacterial plaque and calculus/tartar (mineralized or calcified plaque) beneath the gumline. Root planing is completed to smooth root surfaces so that the gums can heal and adhere better to the roots of the teeth.

BLEEDING

The day of the procedure, drink plenty of cold water or iced tea. Bleeding is rare, but if it persists, hold double-strength iced tea in your mouth for 10-15 minutes.

CARE OF THE MOUTH

Starting the day after the procedure, rinse your mouth at least 5-6 times per day (especially after meals) with warm salt water (1 teaspoon of salt dissolved in 6 oz. of warm water) and continue this for 5-6 days. Brush and floss teeth thoroughly 2 times daily, being gentle for the first 3 days.

DISCOMFORT

Your gums may be sore or achy after the procedure. Take 1 extra strength Tylenol (acetaminophen) 500mg **together with** 1 Advil (ibuprofen) 200mg every 4-6 hours to eliminate any discomfort. Sensitivity to cold may temporarily occur. If it does, place a warm moist towel to the outside of the face in the area of stiffness.

EATING

Do most of your chewing on the untreated side and have a soft diet for 3 days. Avoid hard and crunchy foods, such as, potato chips, popcorn, etc.

SMOKING

Do not smoke following scaling & root planing procedures, as tobacco is an irritant to healing. Please refrain from smoking for at least 24 hours.

IF ANY PROBLEMS OCCUR, PLEASE CALL THE OFFICE OR MY HOME _____

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