

Alexander J. Kim, D.D.S.

10430 S. De Anza Blvd., Suite 290
Cupertino, CA 95014
408.446.5789 Office ■ 408.446.1447 Fax

Instructions Following Scaling and Root Planing

1. Refrain from chewing until after the local anesthetic (*numbness*) has gone away so you will not bite your cheeks or tongue. You may have something to drink. A straw may help to prevent spilling.
2. IF YOUR GUM TISSUE IS SENSITIVE when the local anesthetic is gone, you may:
 - Rinse with warm salt water (8oz. warm water with 1teaspoon salt)
 - PAIN MEDICATION CAN BE TAKEN IF NECESSARY. Such as over the counter Tylenol, Advil, or IBP Motrin (**DO NOT TAKE ASPRIN**)
3. CONTINUE ORAL HYGIENE PLAN as reviewed during the appointment (*brushing twice daily, flossing once daily and any new hygiene aids that were shown at the appointment*). DO NOT STOP OR INTERRUPT YOUR DAILY HYGIENE THAT WAS RECOMMENDED TO YOU.
4. If given, start your prescription medication (an antibiotic and Peridex) the same day of the root planing appointment. Finish the entire amount. Should any problems arise, please contact our office.
5. TEMPERATURE SENSITIVITY (*especially to cold*) can sometimes be experienced following root planing. This is not severe and should leave as soon as the cold liquid is removed from the teeth. If this does occur and you are uncomfortable, let us know. We can give you appropriate gels and/or toothpaste that will help to reduce this sensitivity more quickly. (Please note: any lingering or severe pain to cold usually indicates a different problem and we should be contacted).

Severe pain is usually not expected following root planing, so please contact our office if this should occur.