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Post-Operative Instructions for Quadrant Scaling and Root Planing:

- You will be numb 4-10 hours
- While numb. ***Please eat only soft foods***, so you don't accidentally chew your lip, cheek or tongue
- Your gums may be swollen for a few days. This is expected. Rinse with the warm salt water 3-5 times per day 3-5 days
- You can brush and floss as always after the numbness wears off
- If you feel tenderness or mild to moderate pain, take over the counter pain medication ie Tylenol or Advil
- For severe pain, call Dr. Johnson at the office
- If gums are bleeding after 30 minutes, bite on a wet tea bag for 10-15 minutes
- NO hot foods/liquids while numb