

Post procedure instructions after scaling



- Start your prescribed oral hygiene regime (brushing, rinsing with mouthwash, flossing, and gum massage)
- We recommend rinsing your mouth several times on the day of treatment with lukewarm salt water. (One glass of lukewarm with half a teaspoon of salt)
- Little discomfort is expected when the anesthesia wears off. Use prescribed medication to reduce discomfort.
- Sensitivity to cold or touch may temporarily occur. It will usually reduce in a day or two.
- Your next meal should be soft. Avoid any hard foods such as peanuts, popcorn, chips, hard bread for at least 3 to 4 days.
- It is best to avoid hot spicy foods and alcohol for at least 24 hours.
- Slight bleeding may continue for several hours following the procedure. If bleeding persists beyond a few hours, please call us.
- Avoid any strenuous activity like aerobics, jogging, tennis for the rest of the day.