

Patient Instructions After Scaling and Root Planing Therapy

Congratulations! You have just had one or several teeth restored with Porcelain Restorations. Your teeth are now much stronger than they were with the mercury/plastic restorations that were removed. The Porcelain Restoration has bonded your tooth together. It will not come out if you eat sticky foods. It is nearly as resistant to fracture as your own teeth. It has a natural look that will not fade or change color.

WHAT TO AVOID FOR THE NEXT 24 HOURS

- Vigorous physical exercise, but you may return to work.
- Drinking through a straw or sucking motions.
- Do not smoke for at least 24-48 hours.
- Alcohol. Drinking alcoholic beverages will slow the healing process.
- Foods that are extreme in temperature or spicy.
- Any strong mouthwashes that contain alcohol.

HOW TO CARE FOR YOURSELF AFTER YOUR PROCEDURE

- You may take a non-aspirin analgesic to relieve any tenderness or discomfort, such as ibuprofen (Advil) or acetaminophen (Tylenol).
- Eat a well-balanced soft diet for today. You may chew on the opposite side of the treated area until it is comfortable to chew normally.
- Rinse with a warm salt water rinse, ½ teaspoon in an 8 oz. glass of warm water, 3 times a day.
- Brush your teeth very lightly in the treated area the first night. Then begin flossing lightly as well the next day, gradually increasing to normal force by the week's end. After flossing and brushing, rinse with chlorhexidine gluconate (Peridex), if it was prescribed, for at least 60 seconds. Do this at least twice daily. Chloraseptic and Cepastat are recommended mouthwashes.
- Several days after treatment, your gums should begin to appear pinker, less swollen, and will bleed less when you floss. These are signs of healing and improving periodontal health. If you have any questions or problems, please call our office.
- In order to slow the progression of your periodontal disease, your dental hygienist may recommend that you return for periodontal cleanings at more frequent intervals.

IMPORTANT PANDEMIC INFORMATION

Since your dental care team has been in close contact with you during your procedure, please notify our office if you experience symptoms or test positive for COVID-19 within 14 days of your visit so that we can take measures to curtail the spread of any virus. It's for our health and safety as well as the safety of those who visit the practice.