



# Jay M. Marks D.M.D., F.A.G.D.

COSMETIC & FAMILY DENTISTRY

"We Create Beautiful Smiles"

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## Post Op - Scaling & Root Planning Instructions

Please read and follow below instructions to prevent possible complications and to provide more comfort.

### CARE OF YOUR MOUTH

If your gums are bleeding, slightly rinse your mouth 2-3 times per day with warm salt water or prescription rinses- Peridex . To prepare warm salt water rinse: mix 1 tsp. salt with 8 oz. of warm water.

### DISCOMFORT

Your gums and teeth may be uncomfortable for several days to 1 week following scaling and root planning. For discomfort, use pain relievers such as Advil, Ibuprofen, or Tylenol. For cold sensitivity use toothpaste designed for sensitive teeth. For severe cold sensitivity we can prescribe prescription Colgate Prevident 5000 booster. It is essential that you remove all plaque from the teeth and gums.

### SWELLING

Swelling of the face or soreness of the jaw rarely occurs. However, if it does, apply a warm moist towel to the area of discomfort.

### ANTIBIOTICS

If antibiotics are prescribed for you, please take them as directed until they are all gone.

### FOLLOW UP APPOINTMENTS

After your last scaling appointment, we suggest intervals of 2-3 month appointments to clean your teeth to avoid bacterial recontamination, and to evaluate your progress. In some cases, we may need to refer you to a Periodontist (Dentist specializing in bone loss and gum disease) your periodontal condition does not resolve.

Periodontal disease unlike other diseases cannot be cured by your doctor or medication alone. Overcoming this disease will largely rest on your efforts. The daily use of mouth rinse, brushing 3 times a day and daily use of floss will promote this goal. Our office's part of the treatment is only the beginning. It is critical that you follow the oral hygiene and medication regiments, and schedule your Recare appointments. Without your commitment to a healthy mouth, your efforts and ours will be in vain.

Dr. Marks and his hygienists are on the cutting edge of periodontal therapy. WE are dedicated to providing you the finest, most proven treatment available. Whether it's treating periodontal disease or providing regular cleanings for your family, our hygiene department is committed to helping achieve and/or maintain optimal oral health.

**If a problem arises, please feel free to call our office.**