

## POST-OPERATIVE ROOT PLANING/CURETTAGE INSTRUCTIONS

The procedure you had done today is called *root planing* or *curettage*. It is periodontal therapy which is a precise cleaning that promotes healing of diseased gum tissue. Please keep these instructions to refer to after your subsequent appointments.

- A local anesthetic was used in order for the Dental Hygienist to perform the best job possible with maximum comfort for you. The anesthetic should wear off in a few hours, so you may want to avoid eating until the numbness is completely gone.
- We recommend that you rinse with salt water to soothe the treated areas. Mix a solution of ½ teaspoon salt to one cup of *warm* water. Sip the solution, swish it around your mouth, then spit it out. Repeat until all the solution is used. You may rinse this way three-four (3-4) times a day or every two (2) hours, if necessary, for two (2) days.
- You should brush the treated area gently, but not floss the first day. After that you may perform your normal oral hygiene routine.
- If you experience more than a little discomfort, you may take what you normally use for headaches. The soreness or tenderness should disappear in a couple of days.
- Slight bleeding following this procedure is normal. If an area bleeds profusely or persistently, please contact the office immediately for instructions.

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