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**Advanced Cosmetic
& Implant Dentistry**
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Scaling & Root Planning Home Care

1. Some minor bleeding or “spotting” is anticipated, and may continue for a day or so. Rinsing gently with warm saltwater for thirty seconds to a minute is all that is needed.
2. There may be some sensitivity for the first twenty-four to forty-eight hours. Mild over-the-counter non-aspirin pain relievers (such as Advil or Tylenol) should be more than sufficient.
3. You should start brushing and flossing the treated area very gently on the day that therapy was performed. Thereafter, please return to your normal care, as has been instructed by the hygienist.
4. If any medication has been dispensed, such as periodontal mouth rinse or prescription medicated toothpaste, please continue to use this throughout the course of your treatment until otherwise instructed by your doctor. Continue using your Sonicare toothbrush, the periodontal instrument recommended by our office, as it will be accelerate the healing and health of the tissues.
5. Your activities need not be limited following your appointment. Just avoid extremely hot or cold foods for twenty-three hours.
6. If anything concerns you please call the office for assistance. The success of your treatment depends on returning regularly for your scheduled appointments.