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**Post-Operative Procedures and Recommendations  
following  
Scaling and Root Planing (Deep Cleaning)**

***Bleeding***

There may be minimal bleeding after the procedure is completed. A pink discoloration of your saliva or slight oozing for the first several hours after the procedure is normal. Bright red active bleeding is not expected.

***Discomfort***

Some discomfort is expected once the anesthesia wears off. Usually 600mg of Ibuprofen (Advil), taken every 6 hours for the first 24 hours, will eliminate most of the discomfort. If you are unable to take Ibuprofen, 1000mg of Tylenol every 6 hours can be used.

***Eating***

After the cleaning you may find that your teeth are temporarily more sensitive to cold or touch. Take care when drinking or eating very cold liquids or foods. Avoid any hard gritty foods such as peanuts, popcorn, and chips for the first few days.

***Oral hygiene***

Continue to brush and floss your teeth. You may rinse with warm salt water (1/2 teaspoon of salt with 1 cup of water).

***Future Appointments***

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***Other***

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