



## **Periodontal Scaling & Root Planing Post-Op Instructions**

### **1. Medications:**

- **3:3:3** - Advil (Ibuprofen) 200mg x **3** tablets, **3** times a day, for **3** days.
- Tylenol (Acetaminophen) 500mg x 2 tablets, 3-4 times a day as needed.
- If unable to take Advil (Ibuprofen), substitute with Aleve (Naproxen) 220mg x 1 tablet, 2-3 times a day as needed.
- If antibiotics are prescribed, take as directed.

### **2. Avoid the following for the next 24 to 72 hours:**

- Smoking – it is best to stop tobacco use for the next 72 hours
- Drinking alcoholic or carbonated beverages
- Using a drinking straw
- Heavy rinsing or spitting
- Pulling your cheek to check the gums
- Strenuous/physical activity for 72 hours

**3.** It is unusual to have swelling but if it occurs, apply an ice pack to your face over the area for 15 minutes on, 15 minutes off. Repeat this cycle multiple times for the next 12-24 hours.

**4.** Brush and floss as normal and rinse gently. Do not floss any areas for 3 days, where Arestin antibiotic medication was placed.

**5.** Begin gentle warm salt water rinses (1tsp. in 8oz glass) tomorrow.

**6.** Drink plenty of fluids to stay hydrated and eat soft foods (ie. Jell-O, pudding, scrambled eggs, ice cream, etc.) as tolerated.

**7.** If you have any further questions or concerns, please contact our office between 8AM to 5PM Monday through Thursday or Dr. Rider's cell phone (337) 552-8121 after normal office hours.