



Greg L. Adams, DMD, MS, PSC  
*periodontics, dental implants,  
laser periodontal therapy*

### **Scaling and Root Planing Post-OP Instructions**

1. Anticipate numbness for 3-4 hours. Do not eat or drink until you can swallow adequately.
2. To promote healing, begin salt water rinses every 3-4 hours for the next few days. (1/2 teaspoon salt per 8 oz. water)
3. NO toothpaste of any kind should be used in the treated area for the next 24 hours. If gum tissues are uncomfortable this evening, it's acceptable to postpone normal brushing until tomorrow.
4. If discomfort persists, over the counter pain medication is recommended. (Tylenol or Ibuprofen)
5. Avoid foods with husks or small seeds for the next few weeks until healing is completed. (peanuts, popcorn, etc.)

### **Instructions for Prevident 5000 Booster**

1. After flossing, apply a thin line of Prevident Booster to brush. Brush thoroughly once a day, preferably at night time, for two minutes.
2. After brushing, expectorate (spit) Prevident 5000 Booster out, but do not rinse with water or any mouthrinse or eat for at least 30 minutes.

#### **Morning**

Brush with toothpaste  
Sulcus brush with mouthwash

#### **Night**

Floss first  
Brush with  
Prevident