

Congratulations! You have just completed your Scaling and Root Planing procedure.

Please note the following instructions to help minimize discomfort and to aid in healing:

- Rinse with warm salt water several times a day until the soreness is gone. Use 1/2 teaspoon of salt in a medium size glass of warm water. Swish gently for 30-45 seconds.
- DO NOT brush or floss the treatment site(s) for the first 24 hours, but DO clean the rest of your mouth normally. After 24 hours you may resume flossing and brushing lightly. DO resume brushing with normal intensity 1 week after the procedure. (DO NOT use an electric toothbrush for 3 weeks.)
- Unless Dr. Baker has specifically prescribed a pain medication, you may use Ibuprofen and/or Extra Strength Tylenol as needed.
- If Dr. Baker has prescribed an antibiotic, take ALL OF IT. If you've been given tetracycline, vibramycin, or doxycycline, please note that they can diminish the effectiveness of birth control pills. Please plan to use an alternate method of contraception. These medications can also cause sun sensitivity. Please stay out of the sun or use sunscreen and a hat.
- Ice applied on the outside of your face over the area will help minimize swelling. Apply 10 minutes on and 10 minutes off several times. Ice only works for 48 hours, then switch to heat only if swelling remains.
- The area may bleed slightly for the first 24 hours. If you notice excessive bleeding, place a wet tea bag over the area and apply pressure.
- Smoking and/or tobacco chewing drastically reduces healing of treatment sites. If possible, please refrain from smoking until the area is healed.

**Please Call Dr. Baker if you have excessive discomfort, swelling or bleeding,
or if you have any questions.**

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