



Great Smiles by Dr. Forest & Team

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HYGIENE SCALING & ROOT PLANING

- ❖ Some bleeding is common during dental hygiene treatment. The amount of bleeding is related to the health of your gums. The absence of bleeding suggests superior oral health. Tissues that are irritated by the presence of bacteria will bleed. Bleeding, however, should not persist past your appointment. If you notice persistent bleeding, call the Office. In some situations, there are medications that can enhance bleeding. We will make every attempt to identify any such medications you may be taking prior to treatment. Aspirin is one of these drugs and should be avoided, if possible. If you need to take something for discomfort, Tylenol is the medication of choice.
- ❖ Bacterial deposits called calculus, can insulate your teeth and protect them from hot and cold temperatures. Once the calculus is removed, sensitivity may occur. Therefore, avoid eating and drinking extremely hot or cold foods immediately following your appointment. This sensitivity should subside within a few days. If sensitivity persists, please call the office.
- ❖ Your gum tissue may have become irritated during treatment and may be sore for a few days. Saltwater rinses may be helpful; use an 8 oz. glass of warm water with a teaspoon of salt several times a day or as needed.
- ❖ If you received a fluoride treatment at this appointment, please refrain from eating or drinking (including water) for at least 30 minutes.
- ❖ If you received local anesthesia during this appointment, wait until the anesthetic wears off before chewing to avoid any damage to soft tissues and avoid hot foods.
- ❖ Continue to brush and floss properly.
- ❖ Please do not hesitate to call the office if you have any concerns.