



GEORGE CROW DMD  
PERIODONTICS & IMPLANT SURGERY

**POST-TREATMENT INSTRUCTIONS:  
FOLLOWING PERIODONTAL ROOT PLANING**

**1. CARE OF THE MOUTH**

Rinse with warm salt water (8oz. warm water & ½ teaspoon salt) every couple of hours on the day of treatment. Continue brushing and flossing thoroughly, keeping the area as clean as possible. REMEMBER GOOD ORAL HYGIENE PROMOTES GOOD HEALING OF THE GUM TISSUE.

**2. DISCOMFORT/SENSITIVITY**

Discomfort will vary in intensity. Hot/cold sensitivity is normal and can last for up to a month. In most cases, no medication is needed, however, Aspirin, Tylenol or Advil can be taken to alleviate tenderness.

**3. DIET**

Once the numbness has worn off, there are not dietary restrictions. It is advised however, to stay away from spicy foods for one to two days following treatment.

**If you have any questions or concerns, do not hesitate to call the office.**