



Post-Operative Care for Scaling and Root Planing:

After undergoing scaling and root planing, it's important to follow proper post-operative care to promote healing and ensure the best possible results:

1. **Manage Discomfort:** Some tenderness, swelling, or mild bleeding may occur for a few days. Over-the-counter pain relievers, like ibuprofen or acetaminophen, can help alleviate discomfort. Your dentist may also recommend a prescription pain medication if necessary.
2. **Follow Oral Hygiene Instructions:** Continue brushing and flossing your teeth, but be gentle around the treated areas. Your dentist may provide a special mouth rinse to help reduce bacteria and promote healing.
3. **Avoid Certain Foods:** For the first few days, avoid hard, crunchy, or sticky foods that can irritate your gums. Soft, cool foods are best during the healing process.
4. **Watch for Signs of Infection:** If you notice excessive swelling, persistent bleeding, or any unusual symptoms, contact your dentist promptly as it may indicate an infection.
5. **Follow-Up Appointments:** Your dentist will schedule follow-up appointments to monitor your healing progress and make sure your gums are reattaching properly.