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## Post-op instructions after Srp's

Scaling and root planning is a non-surgical periodontal treatment that involves removing tartar and bacterial plaque from the root surface below the gum line. This procedure reduces inflammation and infection and improves the depth of periodontal pockets, allowing you to more efficiently floss and brush your teeth.

For the first 24 hours following a scaling and root planning treatment, you may experience sensitivity to cold and heat. Do NOT:

- Eat, drink, chew, or otherwise consume hot foods or beverages until the anesthetic used during your treatment has worn off.
- Exercise vigorously for 24 hours.
- Eat hot or spicy foods for at least 24 hours.
- Consume alcoholic beverages for at least 48 hours.
- Smoke or use another tobacco produce for at least 48 hours.
- If you are experiencing discomfort or pain, you can take mild pain relievers as needed. We recommend 200-400 mg ibuprofen or 325 mg acetaminophen every 6-8 hours. You may also

use a warm saltwater rinse (approximately ½ teaspoon salt in 8 ounces of water) three times a day.

- Brush and floss gently until soreness is gone, and then resume normal brushing and flossing.

Take all medications as prescribed by our periodontist or General Dentist, and follow all other instructions provided as closely as possible.