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## POST SCALING ROOT PLANING PROTOCOL

Congratulations on starting your periodontal therapy. You may find that your gums feel a little sore after today. Here are some helpful hints!

Rinse with warm salt water 2-3 times for the first day (1 teaspoon salt in 8 oz. mug, microwave for 20 seconds).

Soft diet for the first day (scrambled eggs, French toast).

You may want to take Ibuprofen after your appointment (adjust accordingly if you have taken prior to appointment).

If you ever have any questions or concerns regarding your treatment, please do not hesitate to call our office, (701) 235-3205.