

POST SCALING ROOT PLANING PROTOCOL

Congratulations on starting your periodontal therapy. You may find that your gums feel a little sore after today. These 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).

Feel free to call our office at 701-235-3205 if you have any questions.