



GALLERY PARK
D E N T A L
Periodontal Treatment (Scaling & Root Planing)
Post-Treatment Instructions

- 1) You may experience increased sensitivity to hot, cold and sweets for up to 24 hrs.
- 2) You may have slight bleeding for 24 hrs.
- 3) For pain control, take aspirin or advil. Not tylenol.
- 4) Warm saline rinse 3-4 times per day.
Mix 1 tbl. salt to 8 oz. warm water.
- 5) If medication has been prescribed, take as instructed.
- 6) Soft, bland diet for 24-48 hours.
- 7) Do not eat hard foods, or foods with seeds for 48 hours.

Please do not hesitate to call our office at (847)250-1130 if you have any questions.