

Post-Operative care for **Scaling and Root Planing (SRP)**.

Eating & Drinking

- **Wait for Numbness to Fade:** Do not eat until anesthesia has completely worn off (2–3 hours) to prevent biting your cheek or tongue.
- **Soft Diet (24–48 Hours)** and avoid extremely hot, spicy, or acidic foods that can irritate sensitive tissue. Avoid using straws for 24 hours to protect healing tissues.
- **Strictly Avoid Seeds:** Do not eat small seeds (poppy, sesame, strawberry), popcorn, or chips that can lodge in healing gum pockets and cause infection.

Oral Hygiene & Healing

- **Gentle Cleaning:** Resume brushing and flossing immediately, but use a soft-bristled brush and be very gentle around treated areas for the first few days.
- **Salt Water Rinses:** Starting tomorrow, rinse 2–3 times daily with warm salt water (1 tsp salt per 8 oz water) to reduce swelling and promote healing.
- **Prescribed Rinses:** If given an antimicrobial rinse (like [Chlorhexidine](#)), use it exactly as directed.

Habits to Avoid

- **No Smoking/Alcohol:** Refrain from smoking and alcohol for at least 48–72 hours; both significantly delay healing.

Managing Side Effects

- **Pain:** Use over-the-counter [ibuprofen \(Advil\)](#) or acetaminophen (Tylenol) as needed.
- **Sensitivity:** Sensitivity to hot/cold is normal for several weeks. Using a desensitizing toothpaste like [Sensodyne](#) can help.
- **Minor Bleeding:** Slight pink saliva is normal. For persistent bleeding, apply firm pressure with a moistened gauze or tea bag for 20 minutes.

When to Call our Office

- Severe pain that does not respond to medication.
- Excessive or continuous bleeding.
- Fever, pus, or new swelling several days later.