

Therese L. O'Brien, D.D.S.
2409 L Street, Suite 2
Sacramento, CA 95816
(916) 447-3600

Post Operative Care Instructions for Root Planing

After your appointment today, your gums may feel tender. Please follow these instructions for best results:

- You may be numb for 4-6 hours after Root Planing. Please do not chew on that side until numbness is gone.
- Avoid spicy foods, hard foods, popcorn, berries or food with seeds
- Eat a soft diet for the next 48-72 hours
- Avoid use of tobacco products
- Take Advil, Motrin, or Aleve (Ibuprofen or Naproxen Sodium) as needed for discomfort
- We recommend using an antibacterial rinse after Root Planing to promote healing of tissue
 - Glyoxide Gel – Peroxly - Ricolol – Crest Pro Health Rinse – Breath Rx – Warm salt water rinse. Note: If you use a fluoride gel, apply after rinsing. Do not use salt water rinses if you are on a salt restricted diet or have high blood pressure.
- You might notice tooth sensitivity after root planning, this is normal and can last for up to two weeks. Any sensitivity toothpaste can be used to help.
- You might notice a slight oozing of blood for the next 24 hours, or a bluish hue to the gum tissue. This is also normal.
- No brushing or flossing this area until the next day
- If you are having any discomfort other than tenderness of the gums or have any questions, please call our office at (916) 447-3600