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AFTER CARE FOR ROOT PLANE AND SCALE

**For the first 48 hours DO NOT eat anything hard or crunchy.
For the first week DO NOT eat anything that may get stuck in
your teeth. (i.e. small seeds and NO popcorn.)**

**If the gums are sore, gently rinse with light solution of salt water.
1/4 tsp salt to 1 cup warm water.
*DO NOT use this solution if you have high blood
pressure.***

**As healing occurs the inflammation will go down and more of the
root surface will become exposed causing some sensitivity. To help
with this you can use a Fluoride rinse such as ACT or the generic
Anti-Cavity Rinse and/or toothpaste for sensitive teeth such as
Sensodyne.**