



SUNITA MERRIMAN, DDS

GENERAL AND AESTHETIC ENHANCING DENTISTRY

IMPROVING THE LIVES OF OUR PATIENTS

**Instructions Following Non-surgical
Debridement/ Scaling and Root Planing
(Deep cleaning of gums)**

To promote healing of the gingival tissue after your appointment, we ask that you please:

1. Maintain a rigid plaque control program as instructed by Dr. Merriman and our registered dental hygienist.
 2. Mix one teaspoon of salt in an 8-ounce glass of warm water and swish for 30 seconds twice each day as needed.
 3. Do not rinse your mouth vigorously for the first 24 hours.
 4. When brushing, use a soft bristled brush. Gently massage your gums as demonstrated.
 5. Avoid hot, spicy or crunchy foods: popcorn, pretzels, potato chips, etc., for the first 24 hours.
 6. Eat, and drink, if possible, on the opposite side of your mouth for the first 24 hours.
 7. Hot foods or beverages can be harmful to anesthetized tissues. Please avoid drinking hot coffee, etc., until the numbness wears off.
 8. Practice periodontal maintenance by having your teeth cleaned every three months. Current research indicates that such regular intervals are necessary to help prevent uncontrolled progression of the original disease.
 9. Please attend to your post-operative appointment as scheduled. The hygienist and Dr. Merriman will evaluate your gingival tissue for healing. Remember that debridement is only the initial phase of non surgical treatment of periodontal disease. It needs to be followed up with a re-evaluation of pockets and polishing of the teeth.
 10. Most patients do not experience any significant discomfort after this procedure, however, if you feel the need to take an Advil or Motrin (200mg) or Tylenol, go ahead and do so. Please discuss any allergies that you may have with us before taking any medication.
- **AM/PM: Chlorhexidine-Toothbrush on after you already used floss and a toothbrush with toothpaste.**
 - **PM: Prevident Fluoride- Use ½ hour after chlorhexidine (Do NOT rinse afterwards).**

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