



legacy smiles

Excellence Is Our Only Standard!

INSTRUCTIONS FOLLOWING SCALING & ROOT PLANING

Instructions for Home Care

1. Light bleeding may occur after the procedure is completed. Any prolonged bleeding should be reported to the office.
2. Your gums may be tender following this procedure. We recommend warm saltwater rinses and ibuprofen. You may take up to 800mg of ibuprofen every 6-8 hours.
3. Your teeth may be sensitive to temperatures for a temporary period following this procedure. This sensitivity is normal. If the sensitivity doesn't subside after a few days, we recommend that you use toothpaste specially formulated for sensitive teeth such as Sensodyne, Denquel, Aqua Fresh sensitive. **DO NOT USE TARTAR CONTROL TOOTHPASTE!!**
4. It is **EXTREMELY** important to keep your teeth & gums as clean as possible. Prolonged plaque exposure will hinder the healing process & can cause sensitivity.

Follow the home care instructions as recommended by your hygienist.



(406) 248-2669

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