



Raul S. Molina, D.M.D., M.S.
Board-Certified Periodontist

Post-op Care Instructions for Scaling and Root Planing.

Please read and follow these procedures. They will make you more comfortable and will help to prevent any possible complications.

Care of your mouth

Start brushing, flossing, and continue your usual oral hygiene regime immediately.

You may have to GO EASY at first, but make every effort to keep your mouth plaque free.

We recommend rinsing your mouth every couple of hours with warm salt water – dissolve ¼ teaspoon of salt into an 8 oz. glass of water.

Discomfort and/or Sensitivity

Some discomfort is expected when the anesthesia wears off. Sensitivity to cold or touch may temporarily occur. Brushing with an over-the-counter tooth paste for sensitive teeth (like Sensodyne) or prescription strength MI Paste or fluoride toothpaste (Prevident Sensitive) will usually reduce or eliminate sensitivity. We have all these options at our office!

Bleeding

Slight bleeding may continue for several hours following the procedure. This is not unusual and should stop. Simple pressure from a piece of gauze is usually all that is needed to control it. If it continues, place a moistened black tea bag (not herbal tea) over the area and hold it over the bleeding site with firm pressure for 15 minutes. Saliva can be swallowed, even if slightly blood tinged. If you don't like the taste use your favorite drink such as Vitamin-water to help you swallow.

Swelling

Very seldom does swelling occur. If swelling appears, take anti-inflammatory medication like ibuprofen (Motrin or Advil) as needed.

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Medications

Some discomfort is normal after the procedure.

📖 Mild/Moderate Pain: Usually 1-2 tablets of acetaminophen (Tylenol) or ibuprofen (Motrin or Advil)

every 4-6 hours as needed) will eliminate any discomfort. We recommend that one tablet is taken either prior to procedure or prior to the local anesthetic wearing off. Be sure to have some food in your stomach when taking this medicine – it can upset stomachs.

Diet

For the first 24-48 hours, you should maintain a diet of soft foods, such as fish, mashed potatoes, soups, etc. Avoid any hard foods such as almonds, popcorn, chips, hard bread for at least 3-4 days. While the anesthetic is wearing off, make sure to chew with the other side. Return to normal diet as tolerated.

Activity

Avoid any aerobic activity for the rest of the day; e.g. jogging, tennis, racket ball, anything strenuous. Take it easy.

Follow ups

In most cases, only one a quarter to half of the mouth is treated per visit. Please remember to keep all your appointments to complete the whole treatment, and to follow-up with maintenance appointments thereafter. Maintenance appointments are essential to avoid the need of another sequence of scaling and root planing procedures, or more advanced procedures.

PROBLEMS OR QUESTIONS?

If you need to contact Dr. Raul S. Molina or your Hygiene Coordinator Nicole Santora, please call 904.731.1324 or after 5:00PM at 904.314.2507

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