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Periodontal Specialist and Dental Implants

INSTRUCTIONS FOR DEEP SCALING PATIENTS

1. Add 1 teaspoon of salt to a glass of warm water and rinse your mouth 3 to 4 times the first 24 hours.
2. If needed, take 2 to 3 Tylenol or Ibuprofen (Advil, Medipren, etc.) every 6-8 hours (or as needed).
3. You may have sensitivity to hot and cold, and also when biting down.
4. You can eat whatever you like- just chew on the side opposite to the one that was worked on. **AVOID ANY CHEWING DURING THE TIME YOU ARE NUMB TO PREVENT INJURY TO YOUR TONGUE, CHEEKS AND LIPS** (especially when a lower area is worked on).
5. Do your home care each night in all areas. If the area worked on is sensitive, then wait until the next morning. In order to start healing properly, the area must be kept plaque free.
6. If any increased swelling occurs in any area, please call our office.
7. If continuous bleeding occurs for more than 2 hours, place a moist tea bag over the area, and apply pressure for 10 minutes. This will help to form a blood clot.
8. Should you have any questions or concerns, please call our office.

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