

## **ADVICE AFTER ROOT PLANING TREATMENT**

These notes are to help minimise any discomfort after the treatment you have Had carried out and to encourage the best possible healing.

1. In all cases there will be some swelling and discomfort when the local anaesthetic wears off. This is normal and the discomfort is best controlled using an anti inflammatory analgesic such as Nurofen taken at the rate of 2 tablets three times a day for three days. If you react to any aspirin based analgesic or are an asthmatic this should be avoided and it is better to use Paracetamol. In addition hot salt mouthwashes made up of one teaspoon of salt per tumbler full of boiled water, which has been allowed to cool to mouth temperature and rinsed around the area acts as a soothing and cleansing agent.
2. It is important that you keep the treated area as clean as possible during healing. You should therefore use all the cleaning aids that have been demonstrated to you by the hygienist from the beginning
3. Try to maintain a normal diet but avoid particularly hard or fibrous foods in the areas treated. If your normal diet should prove difficult do not hesitate to use a vitamin supplement, as this will help the healing as well.
4. If you have any concerns please do not hesitate to contact me via the practice phone number. Our out of hour's emergency contact is given on our answer phone on the practice phone number when reception is closed.