



Dr. Sergio P. Saucedo DDS, Inc.  
Periodontal Root Planning Instructions

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YOU HAVE COMPLETED A SESSION OF PERIODONTAL INITIAL THERAPY CONSISTING OF ROOT PLANNING AND CURETAGE. FOR YOUR COMFORT, PLEASE FOLLOW THESE INSTRUCTIONS:

- 1) MAINTAIN ORAL HYGIENE AS INSTRUCTED BY OUR STAFF.
- 2) RINSE WITH 3% HYDROGEN PEROXIDE AND WATER (EQUAL AMOUNTS) AFTER FLOSSING IF BLEEDING OCCURS. (DO NOT SWALLOW!)
- 3) TAKE MEDICATION AS NEEDED FOR DISCOMFORT; SUCH AS 2 ASPRINS, 2 TYLENOLS, 2 ANACIN OR 2 ADVILS EVERY 2-6- HOURS.
- 4) IF BLEEDING PERSISTS, APPLY PEASURE WITH A WET TEA BAG ON THE GUM FOR 20 MINUTES.
- 5) IF ANY UNUSUAL PROBLEMS PERSIST, PLEASE CALL OUR OFFICE FOR ASSISTANCE.

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- 1) THE AREA MAY FEEL SWOLLEN; HOWEVER IT WILL NOT LOOK IT.
- 2) DO NOT BITE OR PLAY WITH THE LIP, CHEEK OR TONGUE.
- 3) DO NOT ATTEMPT TO EAT UNTIL THE NUMBNESS GOES AWAY.
- 4) USE CAUTION WHEN DRINKING HOT LIQUIDS; YOU COULD BURN YOUR TONGUE LIP OR CHEEK.
- 5) FEELING WILL BEGIN TO RETURN WITHIN 2-6 HOURS. AS IT WEARS OFF, DO NOT RUB OR SCRATCH THE AREA.
- 6) IF YOU HAVE ANY OTHER QUESTIONS, PLEASE DON'T HESITATE TO CALL: 951-214-6585