



## INSTRUCTIONS FOLLOWING SCALING AND ROOT PLANING

Scaling and root planing techniques involve the removal of plaque and tartar from below the gum line. Following scaling and root planing, you can expect to notice a decrease in the redness, bleeding, and swelling of your gum tissue.

If the gum tissues are tender, mouth-rinsing using a warm salt-water rinse is recommended to promote healing.

- Mix ½ teaspoon of salt with 1 cup warm water.
- Rinse gently but thoroughly for 1 minute.
- Using this rinse should be limited to 1 to 2 consecutive weeks. Once daily.

If you have any concerns, please do not hesitate to call our office at (403) 263-4030. We look forward to seeing you soon.

**Call today for a free smile evaluation!**

**TERRA DENTAL CARE**

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