

# Scaling & Root Planing (SRP) Post-Op Instructions

Modern Dental Concepts | Dr. Gursharanjit Singh, DMD | (330) 847-0676

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## 1. Discomfort & Tenderness:

Gums may feel tender or sore for 24-48 hours. Manage mild discomfort using ibuprofen (Advil/Motrin) 400-600mg every 6 hours as needed.

## 2. Diet Guidelines:

Avoid hot, spicy, extremely crunchy, or seeded foods for the first 24 hours.  
Eat soft, nutritious foods like yogurt, warm soup, pasta, or oatmeal.

## 3. Oral Hygiene & Care:

Brush very gently with a soft toothbrush. Floss carefully around the treated areas.  
Rinse with warm salt water (1/2 tsp salt in 8 oz water) 3-4 times a day.

## 4. Bleeding:

Light pink oozing or bleeding is normal for the first day. Avoid forcefully spitting or rinsing to allow the gums to heal.

If you experience extreme pain, fever, or excessive bleeding, contact our office.