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### **HELPFUL TIPS FOLLOWING YOUR ROOT PLANNING VISIT**

We suggest the following to ensure the most comfortable return to your everyday routine.

**Numbness:** Your numbness may last for several hours, and during this period it is easy to bite yourself. Please refrain from eating until all the numbness is gone. If you drink fluids, make sure they are not too hot and use a straw.

**Discomfort:** After root planning, it is not unusual to have some soreness as the numbness is wearing off. This will vary dramatically from person to person. Rise with salt water (1/2 teaspoon / 8 oz warm water) to help relieve discomfort and aid healing. We also recommend Advil or Aleve every 8 hours for two days. For those who cannot take these medications, try any mild pain reliever that you are permitted to take.

**Sensitivity:** It is common to experience sensitivity to extreme temperature or biting after root planning. This is normal and will dissipate within a few days. In rare instances, this adjustment phase may last longer, but as long as symptoms continue to decline, things will return to normal. If you continue to have discomfort or if swelling occurs, contact our office.

**Muscle soreness:** Having your mouth open for an extended period may cause muscles to fatigue. If you experience this, we recommend your next few meals be soft in texture and that you refrain from chewing gum.

Please continue your daily brushing and flossing, along with any additional instructions given by your hygienist. As always, we are just a phone call away should you have any questions or concerns.