

**ROCKLIN FAMILY
DENTAL GROUP**



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Scaling and Root Planing Post-Operative Instructions

Congratulations!

You have now completed your Periodontal Root Planing Treatment, however, this is only the **first step** to a lifetime of healthy gums and sturdy bone support around your teeth.

It is important to closely monitor your periodontal disease. In order to accomplish this, you will need to be seen every three or four months for the next 12 months. These appointments will be for scaling and polishing, reviewing your home care, carefully observing your periodontal status. We realize many insurance plans cover only two cleanings per year, however, **you cannot afford to let your dental plan dictate your dental health care**. Remember, many adults lose their teeth to periodontal disease – not tooth decay!

We cannot overemphasize the importance of your home care, which requires daily brushings and flossing! Your periodontal health cannot be maintained without good home care.

Our goal is to provide you with the best that dentistry has to offer and to work with you for excellent oral health. Please do not hesitate to call if you have any questions.

Sincerely,

Rocklin Family Dental Group