

CARE AFTER SCALING/ROOT PLANNING

Slight discomfort may be experienced after the anesthesia wears off. This typically lasts only 24 hours; with minor periodic irritation for the next 3 to 4 days.

Usually over-the-counter (OTC) medication will handle the discomfort. Take Ibuprofen or Tylenol as directed on the container. If pain persists please call our office.

Salt water rinses are an excellent way to clear the mouth, soothe the tissues and improve circulation. Use ½ tsp. salt per ½ c. water. Continue salt water rinses for one week, twice per day.

Avoid spicy foods, crispy/crunchy foods, alcohol, and tobacco today for optimal healing.

Resume normal brushing and flossing after 24 hours.

Some tooth sensitivity will be experienced. This usually diminishes over the next few weeks. Use a desensitizing toothpaste (like Sensodyne) in place of your normal toothpaste until it improves.

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