



CASTLEBURY
DENTAL

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POST TREATMENT CARE

www.castleburydental.com

SCALING AND ROOT PLANING

Following any procedure, we want each of our patients to go home feeling well taken care of and confident. For this reason, we put together a list of care instructions that will help in your recovery process. Here is what you need to know:

1. **Tenderness is normal.** To reduce tenderness and promote healing, every two to three hours, rinse with warm salt water: *½ teaspoon salt in a 4 ounce glass of water.*
2. **Avoid brushing or flossing the treated area for 12 hours.** However, after 12 hours it is very important that you continue to brush well. Please be careful brushing and use a toothbrush with soft bristles. You may moisten the brush with warm water if tissues are tender.
3. **Tylenol or Ibuprofen** may be used as recommended for discomfort.
4. Highly nutritious food is necessary for the healing process. **Avoid foods that require excessive chewing, also, sticky, crunchy or coarse foods.**
5. **Tooth sensitivity is normal and temporary.** You may use a desensitizing toothpaste such as Sensodyne or any major brand for sensitivity relief.
6. You may also **gently massage** the areas treated with your washed fingers. This will increase circulation and promote healing.

If you have any further questions or concerns, please feel free to contact our office at anytime.