



Desert Vista North
9301 E. Shea Blvd. Suite 111
Scottsdale, AZ 85260
(480) 767- 8804

Desert Vista West
1646 N. Litchfield Rd. Suite 125
Goodyear, AZ 85338
(623) 935- 2755

Post Op Instructions

If you were given anesthetic, avoid chewing until numbness has completely worn off.

Take Advil prior to numbness wearing off. Follow the instructions on the bottle. You can take this anti-inflammatory for 24-72 hours to relieve any discomfort.

Use a soft diet for 48-72 hours.

Avoid alcoholic beverages and hot and spicy foods for 24 hours

Warm salt water rinses 3 times a day. (Teaspoon table salt/1 cup warm water)

If you were prescribed a medicated rinse use as directed on prescription label or dental professional. (Staining can occur)

Brush treated area gently for first night, return to normal home care and flossing starting the next day.

Slight bleeding is normal for first 2-3 days.

You can use desensitizing tooth paste if teeth become sensitive following procedure. (Sensodyne)

It is normal to have slight discomfort for several days following treatment. If discomfort worsens or lasts longer than a couple of days, please contact our office.

If you have any concerns not addressed on this instruction sheet, please call the office.