

INSTRUCTIONS FOLLOWING A DEEP CLEANING



Oral Hygiene

Brush your teeth twice a day with a soft-bristled toothbrush and fluoride toothpaste. Floss at least once a day. Be gentle while brushing and flossing, especially around the treated area.

Sensitivity

You may experience some sensitivity in the treated teeth, especially to hot or cold temperatures, after the procedure. This is normal and should subside over time. Use a sensitivity toothpaste for 15 days, day and night to control sensitivity.

Diet Choices

For the first few days following the procedure, stick to soft foods and avoid hard, crunchy, or spicy foods that can irritate the gums. Avoid alcohol, tobacco, and carbonated drinks, as they can delay healing.

Mouthwash

Be sure to follow the instructions for using the mouthwash, such as swishing it in your mouth for the recommended amount of time, and avoid eating or drinking for at least 30 minutes after using the mouthwash.

Bleeding

It is normal to experience some bleeding when brushing or flossing your teeth after a scaling and root planing procedure, especially in the first few days. However, if the bleeding persists or becomes excessive, contact your dentist.

No Smoking

Smoking or drinking alcohol can slow down the healing process and increase the risk of infection. Avoid drinking alcohol, smoking or using tobacco products for at least 7 days after the deep cleaning.