



POST OP INSTRUCTIONS FOR DEEP CLEANING

To minimize the discomfort and aid proper healing following your deep cleaning, we suggest the following:

1. After the procedure, you make take 1 of the following depending on your specific medical conditions or medical restrictions: aspirin, Tylenol (acetaminophen), or Advil (ibuprofen) **before** the anesthetic wears off. Continue to take every 6 to 8 hours for the next 2 to 3 days as needed.
2. Rinse with a warm salt-water solution (mix ½ teaspoon salt in 8 oz. warm water) 2 or 3 times a day for the next 1 to 2 days, or after meals as needed.
3. Use a soft toothbrush at least 2 times a day. Be gentle and *clean thoroughly*. Slight bleeding may occur while brushing as the tissues begin to heal. Noticing pink in the saliva can be very normal following this procedure for 1 to 2 days
4. Avoid strong spicy seasonings, and hard “chippy” foods for the next few days.
5. As the tissues heal, some sensitivity to cold and stimulation may occur. Use a desensitizing toothpaste (such as Sensodyne), or fluoride products (such as Prevident) frequently (at least 4 times/day) for 1 to 2 weeks. Also, the cleaner the teeth are kept, the less sensitive they will be.
6. Faithfully use any other oral hygiene aids that have been recommended (such as floss, rubber tip stimulator, electric toothbrush, proxy brush, fluoride products, Peridex mouth rinse, etc).
7. Refrain from smoking for 24 hours or longer. Tobacco interferes with healing.
8. If you have any questions or concerns, please call our office.