



Patient Instructions: After Your Deep Cleaning

To minimize discomfort and help with the healing process, please follow these instructions:

- Brush your teeth with a soft toothbrush at least 2 times per day and floss at least once per day. Slight bleeding and sensitivity is normal as the tissue starts to heal.
- No smoking for at least 24 hours after the procedure. The success of the new treatment will greatly be lowered if smoking is resumed due to how the body reacts to the chemicals in cigarettes. Smoking cessation is encouraged.
- Some tooth sensitivity to hot and cold may occur and is normal after treatment. Use sensitivity toothpaste daily or a prescription strength toothpaste for 1-2 weeks after treatment.
- You can expect to notice less redness, less bleeding and less swelling of your gum tissues. Your teeth may feel smoother and your mouth will taste and feel better. We will look forward to seeing you for your continuing periodontal maintenance to keep up with what we just accomplished together.

Pain Management:

Take acetaminophen or ibuprofen before the anesthetic wears off. Continue to take every four hours for the next two days, or as needed. A salt water solution (1 tsp. salt + 1 cup of warm water) swished in your mouth for 2-3 minutes after eating and periodically throughout the day will assist in healing as well as sooth your gum tissue. If you have been prescribed a Peridex/Chlorhexadiene rinse, use that as directed.

It is normal to have some muscle tenderness where the injection was given, as well as in the jaw area due to your mouth being open for an extended period of time.

Diet:

Wait to eat until the numbness has worn off. Stick to a soft food diet for at least 24 hours after treatment.

What to expect for future cleanings:

As discussed with your hygienist, we are now stabilizing and maintaining a lifelong disease. In order to do so, three month interval cleanings are necessary for optimal bacteria control. It is important to maintain these recommendations to mitigate disease progression.

If you have any questions or concerns, please do not hesitate to call our office or discuss this with your hygienist at your next appointment.