



AFTER CARE DEEP CLEANING

Don't eat until the numbness has left your mouth.

Many patients don't eat before their dental appointment, which means it can be tempting to have breakfast or lunch as soon as you leave the office. If you've just had a procedure involving an anesthetic, however, it's important to wait until you can feel every part of your mouth again before eating. That's because under the anesthetic, your biting may cause damage to your gums and interrupt the healing process without you feeling it.

Avoid certain foods after a deep cleaning

Your gums and teeth will be healing and sensitive after a deep cleaning, so avoiding certain foods is recommended. These are some foods that could interrupt the healing process and should be avoided following the procedure:

- Acidic foods like oranges and tomatoes
- Challenging foods like steaks or large burgers
- Foods with small pieces that could get stuck in the gums, like nuts or popcorn

Over-the-counter medication can be used for pain and swelling

If you are experiencing pain or swelling in your gums, you can take over the counter medication like Ibuprofen, Advil, or Tylenol to help. Be sure to follow the instructions on the bottle, and do not exceed the recommended limits.

Take antibiotics if prescribed

In some cases, we may prescribe an antibiotic to prevent infection. Be sure to take these tablets as instructed and until all are finished.

Some swelling or discomfort is normal

Following a deep cleaning, your teeth may be more sensitive than usual. This can last for up to several weeks. You may also experience some slight swelling or bruising. Icing the area can help with this, but please notify us if you experience any major swelling.

Minor bleeding is also normal

Following the procedure, you may notice some pinkish tinge to your saliva. This is an indication of minor bleeding, and it can occur up to 48 hours after the procedure. Avoid hot foods, and do not rinse

your mouth during the first 24 hours, as this can promote further bleeding. If you're still experiencing bleeding after the first 48 hours, please contact us for assistance.

Rinse with saltwater

After the first 24 hours following your procedure, rinse your mouth 4-6 times daily with saltwater. This can help to keep the area clean and free from infection.