



## What to expect after your Deep Cleaning procedure

**Discomfort / Pain:** If local anesthetic was used, please be careful while eating until the numbness goes away to avoid trauma to the tongue and cheek. Immediately following the procedure, your gums may be uncomfortable with some aching which should subside within a few hours. You might also experience some discomfort with brushing and this should go away in 1 to 3 days.

We recommend that you take 400mg of Ibuprofen every 4-6 hours (2 tabs of 200mg of the brand name drug Advil or Motrin) for the first 24 hours to aid with your healing and to help manage any discomfort. If other medication were prescribed, please take them as indicated.

**Tooth Sensitivity:** For the first two or three days, your teeth may be sensitive to temperature changes or sweets. You can use a "sensitivity toothpaste" with potassium nitrate (such as Sensodyne, Crest Sensitive) to reduce the sensitivity to cold.

**Bleeding:** Slight bleeding may occur the first few times you brush after gum therapy. This should subside within a few days.

**Appearance:** You should notice less redness, less inflammation, less bleeding and better breath in the days to come. Some root surfaces may be exposed more than before due to the reduction of the inflammation of the gums.

**Eating / Diet:** Chewing hard foods such as meat and raw vegetables may cause discomfort and spicy foods may irritate the gums as well. It is best to have a soft diet until your gums are no longer uncomfortable.

**Oral Hygiene:** Be sure to follow any instructions we give you at each appointment. You should be brushing at least twice daily with a soft toothbrush and floss once daily. Use the prescribed mouth-rinse. If your gums are tender, brush your teeth gently but thoroughly. After finishing your prescribed mouth-rinse, continue with an antibacterial rinse containing no alcohol such as Crest Pro Health.

If you have any questions or concerns following your treatment, please do not hesitate to call our office and speak with a staff member. If your call is after hours, the office voicemail will indicate how to reach one of the doctors at home.

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