

## **INSTRUCTIONS FOR DEEP SCALE PATIENTS**

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

- After the procedure, take Motrin, Tylenol (acetaminophen), or Advil (ibuprofen), before the anesthetic wears off. Continue to take one tablet every four hours for the next two days.
- Rinse with warm salt-water solution (mix ½ teaspoon salt in 8 oz. warm water) two or three times an hour for the next day or two.
- Use a soft toothbrush at least two times a day. Be gentle and clean thoroughly. Slight bleeding may occur while brushing as the tissues begin to heal.
- Avoid strong spicy & acidic seasonings (e.g. hot sauce, O.J, cayenne), and hard “chippy” foods for the next few days.
- As the tissues heal, some sensitivity to cold may occur. Use a desensitizing toothpaste (such as Sensodyne or Denquil), or fluoride gel (such as Prevident or Gel-Kam) frequently (at least 4 times/day) for 1 to 2 weeks. Also, the cleaner the teeth are kept, the less sensitive they will be.
- Faithfully use any other oral hygiene aids that have been recommended (floss, Perio-Aid, rubber tip, Sonicare, Proxabrush, Gel-Kam fluoride, Peridex mouth rinse, etc.)
- Refrain from smoking & alcohol for 24 hours or longer. Tobacco & Alcohol interfere with healing.
- If you have any questions or concerns, please call our office (516)735-0525.