

## INSTRUCTIONS FOR DEEP SCALE PATIENTS

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

1. After the procedure, take aspirin, Tylenol (acetaminophen), or Advil (ibuprofen) *before* the anesthetic wears off. Continue to take one tablet every four hours for the next two days.
2. Rinse with a warm salt-water solution (mix  $\frac{1}{2}$  teaspoon salt in 8 oz. warm water) two or three times an hour for the next day or two.
3. 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.
4. Avoid strong spicy seasonings, and hard "chippy" for the next few days.
5. 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.
6. Faithfully use any other oral hygiene aids that have been recommended (floss, Perio-Aid, rubber tip, Sonicare, Proxabrush, Gel-Kam fluoride, Peridex mouthrinse, 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.