

After a Deep Cleaning

Once you head home from the office after your deep cleaning you may begin to experience some sensitivity and gum soreness. As with most oral treatments, a small amount of bleeding is normal. To soothe bleeding gums, apply pressure with a wet tea bag on your gum for 20 minutes or so. If excessive bleeding persists, contact us.

Do your best to avoid hot, spicy or crunchy foods.

Remove plaque by brushing and flossing gently throughout the entirety of your recovery, even if your gums are sore.

To alleviate any pain or discomfort, take an over-the-counter pain medication (400 mg Ibuprofen 4-6 h for pain). You can also rinse your mouth out with a warm salt water solution (we recommend doing so 3 times a day for 3 days after the procedure) or a mouthwash if prescribed by your dentist.

If you have any questions, feel free to contact our office!

