

DEEP CLEANING INSTRUCTIONS

Will I be numb?

Your lips, teeth, cheek and/or tongue may be numb for up to a few hours after the procedure. To avoid injury, you should avoid any chewing and hot beverages until numbness has completely worn off. It is very easy to bite or burn your tongue, cheek or lip while you are numb.

Is it normal for my gums or jaw to be sore?

Irritation to the gum tissue can occur from dental work. Rinsing your mouth 2-3 times per day with ½ tsp of warm salt water can help to alleviate discomfort. If needed over-the counter pain medication works well to alleviate tenderness.

Is it normal for my gums to bleed when I brush & floss?

You may encounter some bleeding while brushing and flossing. It is important to continue brushing gently with a soft toothbrush and flossing even if bleeding occurs. As healing progresses, the bleeding will gradually reduce or disappear.

Is it normal for my teeth to be sensitive?

Normal healing results in some tissue tightening and shrinkage, which may expose more tooth structure leading to sensitivity to cold, hot or sweets. This is a common side effect and usually diminishes with time.

When do I come back after my “Deep Cleaning”?

You will be asked to come back to our office in 3 months for a “Periodontal Maintenance” appointment. At this time, we will re-evaluate the pockets around your teeth and overall health of the gums. We will also review and advise on your daily home care routine. These “Periodontal Maintenance” appointments are performed 3-4 times per year and are very important in the prevention of any new infection and/or possible future bone loss.