



POST-TREATMENT INSTRUCTIONS FOR DENTAL CLEANING

This is a non-surgical procedure. The purpose of the treatment is to remove bacterial plaque and tartar from around the teeth and under the gum line which is causing bone loss and eventual loosening of teeth. To ensure optimal healing and maintain the benefits of your treatment, please follow these post-operative instructions:

- **Follow-Up Appointment:** A subsequent appointment will be arranged to assess your progress and discuss further steps for your dental care. Make sure you visit the clinic within the next 6 months to avail the teeth polishing service.
- **Use prescribed medications and mouth rinses as directed:** If your dentist has prescribed any medications such as pain relievers, antibiotics or mouth rinses, take them according to the prescribed schedule to manage any discomfort and prevent infection.
- **Call if You Need Help:** Should you experience excessive bleeding, intense discomfort, or any unusual symptoms, please do not hesitate to contact our office.
- **Maintain Regular Brushing and Flossing:** Consistent oral hygiene practices, including brushing and flossing, are essential to uphold dental cleanliness and prevent the accumulation of plaque.
- **Take Pain Medication as Necessary:** If you experience soreness in your gums following scaling, over-the-counter pain relief medication such as ibuprofen or acetaminophen can be taken to alleviate discomfort.
- **Avoid tobacco and alcohol:** Refrain from smoking or consuming alcohol for at least 24 hours post-procedure, as these substances can hinder the healing process.
- **Utilize Salt Water Rinses:** Rinsing your mouth with warm salt water several times a day can aid in reducing swelling and promoting gum comfort.
- **Exercise Gentle Brushing Techniques:** Employ a soft-bristled toothbrush and brush your teeth gently for the first few days post-scaling to ensure minimal irritation to your gums.
- **Limit Consumption of Very Hot or Cold Beverages:** To minimize discomfort resulting from tooth and gum sensitivity, it is advisable to avoid consuming extremely hot or cold beverages for at least one week post-scaling.



VISIT YOUR DENTIST EVERY 6 MONTHS FOR A HEALTHY SMILE & A HEALTHY LIFE

