

Instructions Following Deep Cleaning with Anesthetic

**Davidson Family Dental
208 - 667-5447**

Following dental deep cleanings you can expect to notice overall less redness, less bleeding, and less swelling of your gum tissues. Your gum health can be maintained with proper home care and regular professional care. The following may be experienced immediately following your appointments:

Discomfort/Pain: Discomfort immediately after treatment is usually a slight throbbing or aching and may be uncomfortable enough to require a mild analgesic such as Ibuprofen (Advil) or Acetaminophen (Tylenol). This discomfort should not be severe and should subside in a few hours to a few days.

Tooth Sensitivity: Teeth may be sensitive to temperature change and/or sweets. The sensitivity to temperature may be intense for the first several days and usually diminishes quickly.

Bleeding: Some slight bleeding may occur during the next several brushings, but the bleeding should steadily decrease after two or three days.

Appearance: Root surfaces may be more exposed as the swelling of the inflamed gum tissue goes away. This may result in more space between the teeth.

To minimize discomfort:

- 1. Diet:** Chewing hard foods, such as chewy meat, or hard vegetables may be uncomfortable at first, but this should last no longer than a few days. A diet of softer consistency would be advised until chewing becomes more comfortable.
- 2. Proper cleaning:** Brush your teeth gently but thoroughly using a toothbrush that has been softened by holding it under warm water for thirty seconds. Warm salt water rinses (1 tsp salt per cup of warm water) or antimicrobial mouthwash can be used to rinse the mouth twice daily. The day after cleaning, begin flossing at least once daily.
- 3. Tooth sensitivity:** If tooth sensitivity persists beyond two weeks, a desensitizing toothpaste containing potassium nitrate (Sensodyne, Prevident – dispensed from our office) should be used twice daily. Occasionally, a professional application of a desensitizing agent is required.

If symptoms are severe or if any abscess or gum boil should appear, please call the office at 667-5447.