



Care following cleaning appointments:

Activity: You can resume most activities as per normal the day of the cleaning appointment.

Pain: Your teeth will be sensitive to hot and cold temperatures after your cleaning. You may also have some mild discomfort lasting a day or two. The following pain medications may be recommended:

1. Ibuprofen 400/600mg once every 6 hours as needed for pain
2. Acetaminophen 500/1000mg once every 8 hours as needed.

Bleeding: It is common to have a small amount of bleeding around your gums for the first couple of days following a cleaning appointment. If you have concerns you can call the office.

Nutrition: Maintain your normal diet as much as possible. For the first day you will feel more comfortable if you avoid hot foods and drinks as well as acidic foods which increase sensitivity. For the 2 weeks following the cleaning avoid foods with small bits such as popcorn, seeds, nuts as they tend to get stuck near the gums.

Smoking: Do not smoke (nicotine/THC) or vape for the first 3 weeks following cleaning, as this will impair healing and success of treatment.

Tailored Checklist for your own personalized treatment (to be completed by hygienist or CDA):

- Do not brush or use any tools on teeth: _____ for ____ days.
- Use prescription (Chlorhexidine rinse) 2x/day for ____ days.
- Use prescription gel for teeth: _____ 2x/d for ____ days.
- Resume regular brushing the next morning following hygiene.
- We have applied desensitizer on your teeth: don't drink alcohol or hot drinks until _____
- An antibiotic was placed under the gums of teeth: _____. Avoid this area for the next week, don't floss or brush this area.
- Use electric toothbrush ____x/day
- Use sulcabrush ____x/day
- Use _____color Tepes for in between your teeth ____x/day
- Bring toothbrush/sulcabrush/tepe to your next cleaning appointment so we can review technique with you.
- Use MI paste. Apply with cotton tip applicator onto teeth before bed ____x/week
- Use high fluoride toothpaste (Prevident or Clinpro) ____x/week. Available over the counter at most drug stores.
- Use a sensitivity toothpaste ____x/day
- We gave you _____pain medication _____dosage at _____ am/pm

If you have any questions or concerns, you can call us at the office at (250) 334-4480.