



DIAMOND DENTAL

of Sacramento

DEEP CLEANING AFTERCARE INSTRUCTIONS

Pain Management

Ibuprofen (Motrin or Advil) or acetaminophen/paracetamol (Tylenol) is recommended for pain and possible swelling. Once the numbness wears off, if you wish, you can rinse with warm salt water- ½ cup of warm water with ½ tablespoon of salt- it may sting, but it helps speed the healing process. You may also rinse with Listerine Clinical Solutions Gum Health if given it by your hygienist.

Diet and Chewing

Be careful eating or drinking until numbness has worn off. It is very easy to bite your lip or tongue and not realize it while you are numb. Avoid foods that you need to chew (sandwiches, jerky, chips) or hot liquids if your gums are still sensitive, once the numbness wears off.

Oral Hygiene

Continue brushing and flossing. Be gentle, to avoid irritating your gums, but do not skip brushing and flossing.

Homecare

Following the deep cleaning, Diamond Dental of Sacramento will want to see you for cleaning appointments more frequently- every three or four months, depending on the severity.

Important Considerations

If you experience serious pain, swelling, or other concerning symptoms, contact the office if over-the-counter medication is not helping.

Diamond Dental of Sacramento

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