

Home Care Instructions: After Dental Cleaning

By taking the time to have your teeth thoroughly cleaned, you are making a sound investment toward the lifelong health of your smile. Healthy gums are just as important as healthy teeth. Healthy gums are the foundation for all services you may choose to have performed on your teeth.

During the scaling appointments, stain, tarter, plaque and various toxins are removed from the teeth and the root surfaces using a number of different techniques. If you have periodontal (gum) disease, we may also be removing infected tissue from inside the gum pockets.

It is therefore natural to experience some tenderness or sensitivity after your cleaning appointments. Usually this is very mild. The inflamed or swollen gum tissues or the newly cleaned tooth surfaces will heal in a short time and become less sensitive. In fact, these areas heal in a manner that renders them stronger or more resistant to recurring infection. If you are experiencing discomfort after your cleaning, you may take whatever medication you would normally take for a headache or minor pain (ie. Ibuprofen Tylenol or Aspirin). If necessary, we will prescribe a stronger medication for you. Any bleeding of the gums that you have had just prior to or immediately after your cleaning will go away soon.

In order to speed the healing process of your gum tissues, you may gently rinse with warm salt water (one teaspoon of salt in one cup of warm water), or we may provide you with an antibacterial oral rinse. If your gums are very infected, we may prescribe an antibiotic. If this is the case, you must take all antibiotics in the manner written on the label.

It is not uncommon for those people with more severely infected gums to require local freezing for the cleaning appointment. Dental freezing allows the patient to be more comfortable during the cleaning, and at same time dentist can work on these more sensitive areas with increased effectiveness. Please avoid eating any food until the numbness is gone. If your lips or cheeks are numb, it is easy to bite or burn them by accident while eating.

After having invested your time in a thorough cleaning, it is of utmost importance that you continue to keep your teeth and gums as clean as possible with the proper home care. Please ask us to show you the latest in brushing and flossing techniques if you wish some re-instruction. Even if we clean your teeth twice or four times per year, this leaves 363 or 361 days of the year when you are responsible to continue this effort. Proper brushing and flossing everyday is imperative.

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