PURE SMILE

8000 SW 117th Ave, Suite 100
Miami, FL 33183
(305) 787-3642 · puresmilemiami.com

HOME CARE

After your dental cleaning

Keep this sheet. If you have any questions, call us at (305) 787-3642.

Today we did: ☐ Routine cleaning ☐ Fluoride varnish ☐ Anesthesia (gel or local)

Next cleaning: _____

Normal in the first 24-48 hours

- Teeth slightly sensitive to cold or heat.
- Gums a little sore.
- Minor bleeding when you brush or floss on the first day.
- Teeth feeling smoother, or a gap where there used to be tartar.

If we applied fluoride varnish

- You can drink water right away.
- For 4 to 6 hours: soft foods, nothing very hot and no alcohol.
- Do not brush or floss until tonight, or until tomorrow if we told you so.
- It is normal for teeth to look slightly yellow or feel rough until your next brushing.

If you had anesthesia

- Do not eat or drink anything hot until the numbness wears off (1 to 3 hours), so you do not bite your lip or tongue or burn yourself.
- If it is a child, watch them so they do not bite themselves.

If your teeth are sensitive

- Use a toothpaste for sensitive teeth (with potassium nitrate or stannous fluoride).
- Have your drinks lukewarm. It usually goes away in a few days.

Your routine at home

- Brush twice a day for 2 minutes with fluoride toothpaste.
- Clean between your teeth once a day: floss, interdental brushes or a water flosser.
- Replace your toothbrush every 3 or 4 months, or sooner if the bristles are frayed.
- Limit sugary drinks and snacking between meals.
- If you have implants, bridges or braces, use the special brush or floss we showed you.

Your next cleaning

- For most people, every 6 months. The dentist will tell you if you need it sooner.
- Many insurance plans cover 2 cleanings a year. Use them.

Call us if...

- Pain or sensitivity gets worse instead of better after 2 or 3 days.
- Your gum swells, there is pus, or you have a fever.
- Bleeding does not stop after pressing on gauze for 15-20 minutes.
- A filling or crown comes loose or breaks.
- Your gums still bleed when you brush after 2 weeks.

Call 911 or go to a hospital emergency room if you have trouble breathing or swallowing, or if swelling spreads to your face or neck.

(305) 787-3642 · Monday to Friday, 9:00 a.m. to 7:00 p.m. · Saturday, 10:00 a.m. to 5:00 p.m. puresmilemiami.com

General information based on American Dental Association (ADA) recommendations. It does not replace your dentist's instructions.