PURE SMILE

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GUIDE AFTER YOUR HYGIENE TREATMENT

How you may feel and what to do at home

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

FOR THE PRACTICE · CHECK WHAT WAS DONE TODAY

Treatment: ☐ Routine cleaning ☐ Intermediate cleaning (gingivitis) ☐ Deep cleaning · areas: _____
☐ Periodontal maintenance

We applied: ☐ Local anesthesia ☐ Fluoride varnish ☐ Local antibiotic in the gum ☐ Desensitizer ☐ Sealants

For home: ☐ Chlorhexidine 0.12% rinse ☐ Toothpaste for sensitive teeth Next visit: _____

What is normal for your treatment

TREATMENT	HOW YOU MAY FEEL	HOW LONG IT LASTS	WHEN YOU COME BACK
Routine cleaning	Mild sensitivity to cold or heat, slightly sore gums, minor bleeding when you brush on the first day.	1 to 2 days	Every 6 months, or as we advise
Intermediate cleaning (gingivitis)	Sore gums and minor bleeding. As the swelling goes down, the gum looks firmer and may recede slightly.	2 to 3 days. Bleeding when you brush goes down in 1 to 2 weeks	At the follow-up visit we give you
Deep cleaning (scaling and root planing)	Soreness in the treated areas, cold sensitivity, gums that recede (teeth look longer or have gaps) and teeth that may feel slightly loose at first.	Soreness: 2 to 3 days, sometimes up to a week. Sensitivity: may last 2 to 4 weeks and gets better	Gum check in 4 to 6 weeks. Then maintenance every 3 or 4 months
Periodontal maintenance	Like a routine cleaning, sometimes with a bit more sensitivity.	1 to 3 days	Every 3 or 4 months

Healthy gums are firmer and fit tightly around the tooth. That is why, as the swelling goes down, it is normal to notice gaps that the swollen gum used to cover.

For discomfort

- Rinse with warm salt water (half a teaspoon in a glass), 2 or 3 times a day, starting the next day.
- Toothpaste for sensitive teeth (with potassium nitrate or stannous fluoride). Use it every day: it takes a few weeks to work.
- If you can take it, an over-the-counter pain reliever such as ibuprofen or acetaminophen, following the label or your dentist's instructions.

If we applied or recommended...

Local anesthesia

Do not eat or drink anything hot until the numbness wears off (1 to 3 hours), so you do not bite your lip, tongue or cheek or burn yourself. Watch children closely.

Local antibiotic in the gum

Do not brush for 12 hours. Do not use floss, toothpicks or interdental brushes on the treated areas for 10 days. For one week, avoid hard, crunchy or sticky foods (gum, popcorn, nuts).

Desensitizer or sealants

You can eat normally. With sealants, avoid biting very hard things (ice, hard candy).

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. Teeth may look slightly yellow until your next brushing.

Chlorhexidine rinse

Twice a day, after brushing: 15 mL (the cap) for 30 seconds, then spit. Do not swallow it. Afterwards, do not rinse with water, eat or brush right away. It may change how food tastes and stain your teeth; the stains come off at your next cleaning. Use it only for the days we told you.

After a deep cleaning

- For the first 24 to 48 hours: soft, lukewarm food. Chew on the side that was not treated.
- Avoid very hot, spicy or hard foods, or foods with small seeds (popcorn, nuts), on the treated areas.
- Do not smoke or vape for at least 72 hours: it slows healing.
- Brush with a soft brush starting that same night, gently on the treated areas.

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.
- Limit sugary drinks and snacking between meals.
- If you have implants, bridges or braces, use the special brush or floss we showed you.

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 to 20 minutes.
- You get a rash, hives or itching after a medication.
- A filling or crown comes loose or breaks.

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 recommendations from the American Dental Association (ADA), the American Academy of Periodontology (AAP) and product labels. It does not replace your dentist's instructions.