PURE SMILE
DENTAL CLINIC MIAMI · KENDALL

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INSTRUCTIONS · PREVENTION

CARE AFTER DESENSITIZING TREATMENT

How to relieve sensitivity to hot and cold and protect the exposed areas of your teeth (Seal & Protect).

1 EATING AND DRINKING

- **Avoid extreme temperatures:** Do not have very cold or very hot food or drinks for the first **2 to 4 hours** after the application, so the relief in the treated area can be properly judged.

2 BRUSHING CARE

- **Soft brush:** Use only an ultra-soft toothbrush.
- **Recommended desensitizing toothpastes, in this order: 1)** Sensodyne (preferably with NovaMin or potassium). **2)** Colgate Sensitive Pro-Relief.
- **Gentle technique:** Do not brush hard along the gumline (the necks of the teeth): strong scrubbing removes the desensitizing layer and wears down exposed dentin.

3 HOW IT WORKS AND YOUR PERSONAL PLAN

- The desensitizing agent reduces nerve conduction inside the tooth and blocks the painful stimulus.
- **At PureSmile Miami we will follow up with a step-by-step plan to reduce your sensitivity until it is gone. We will let you know when your next evaluation is due!**

STILL SENSITIVE WHEN YOU EAT OR DRINK?

We are here to help. If strong sensitivity does not ease within a few days, call us at **(305) 787-3642** or visit **puresmilemiami.com**.

WATCH THIS CARE VIDEO

Scan the code with your phone camera: we explain these instructions on video, and you always have this sheet at hand.

puresmilemiami.com/en/instructions-desensitizing

Patient Care Team
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