PURE SMILE
DENTAL CLINIC MIAMI · KENDALL

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INSTRUCTIONS · DENTAL HYGIENE

CARE AND INSTRUCTIONS AFTER YOUR DENTAL CLEANING

How to keep your smile fresh, healthy and bright after your cleaning (prophylaxis) at PureSmile Miami.

1 MILD SENSITIVITY

- It is completely normal for your gums to feel tender, or to feel slight discomfort with cold or hot drinks, during the first **24 hours**, especially if we removed tartar buildup to leave your teeth clean.

2 EATING AND DRINKING

- **If we applied fluoride varnish or treatment:** Wait at least **30 minutes** before eating or drinking so the enamel can absorb the treatment properly and get the most protection.
- **If we numbed an area:** Wait until the numbness is completely gone before eating solid food, so you do not accidentally bite your lips, cheeks or tongue.

3 YOUR DAILY HYGIENE ROUTINE

- **Brushing:** Brush 2 to 3 times a day with a soft-bristle toothbrush, using gentle circular motions over your teeth and gums.
- **Flossing:** Use floss or an interdental cleaner at least once a day to remove plaque where your brush cannot reach.
- **Routine checkups:** Keep up your professional cleaning every 4 to 6 months. **Don't worry about remembering the date! We will remind you ahead of time when your next visit is due, so your smile stays up to date.**

4 PREVENTIVE TIPS (PROTECT YOUR ENAMEL)

- **Avoid sticky sweets:** Candy and gummies stick easily to the grooves of your teeth and raise the risk of cavities.
- **Watch out for acidic and staining drinks:** For the first few hours after your cleaning, try to limit very acidic drinks (citrus, soda) and strongly pigmented foods and drinks (coffee, tea, red wine or dark sauces) to keep your teeth bright and stain-free.

QUESTIONS ABOUT YOUR CLEANING?

We are here to take care of you. If discomfort lasts more than 48 hours, 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-cleaning

Patient Care Team
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