PURE SMILE
DENTAL CLINIC MIAMI · KENDALL

Dr. Yoan Suárez Zayas | Dr. Andrés Parra
8000 SW 117th Ave, Ste 100, Miami, FL 33183
Tel: (305) 787-3642 · puresmilemiami.com

INSTRUCTIONS · GUM CARE

CARE AFTER YOUR PERIODONTAL TREATMENT (DEEP CLEANING)

How to help your gums heal after scaling and root planing (deep cleaning).

1 SENSITIVITY AND MILD DISCOMFORT

- Mild tooth sensitivity to cold or heat, plus some tenderness or light gum bleeding, is normal for the first **2 to 3 days**.
- **Pain relief:** If you feel discomfort, take the pain relievers your dentist recommended, as directed.

2 WHAT TO EAT

- **First 24 hours:** Avoid very acidic, spicy, hard or crunchy foods for the first **24 hours** so you do not irritate the freshly treated gums. Choose soft, lukewarm foods.

3 ORAL HYGIENE

- **Brushing:** Keep brushing with a soft-bristle toothbrush and floss gently.
- **Mouthwash:** Use the mouthwash your dentist recommends to help keep the area clean and support healing.

4 PERIODONTAL MAINTENANCE

- **Regular visits:** Periodontal maintenance visits at PureSmile Miami every **4 to 6 months** are key to keeping your gums healthy over the long term.

QUESTIONS OR LASTING DISCOMFORT?

We are here to help. Call us at **(305) 787-3642** with any question about how you are healing.

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-deep-cleaning

Patient Care Team
Dr. Yoan Suárez Zayas | Dr. Andrés Parra

PureSmile Miami Dental Practice Corp
8000 SW 117th Ave, Ste 100, Miami, FL 33183