



AFTER-CARE INSTRUCTIONS FOR

Cleanings and Checkups

- SENSITIVE TEETH

During a typical dental cleaning, removal of plaque/bacteria and calculus (calcified plaque) creates a smooth, clean tooth surface. This process may cause teeth to become sensitive to hot or cold temperatures and acidic or spicy foods. This sensitivity is usually transient and will improve with time. We recommend daily, thorough, yet gentle, brushing, and flossing. Using fluoridated toothpaste and mouthwash may also be beneficial.

- SENSITIVE GUMS

Scaling and polishing teeth often cause gum tissue to bleed, which can vary from mild to severe, depending upon your gingival health. In essence, the more significant the gum disease, the greater potential for sensitivity after a hygiene appointment. We suggest over-the-counter pain relievers, such as ibuprofen (Advil), naproxen sodium (Aleve), or acetaminophen (Tylenol) for effective relief, especially if taken before you feel any discomfort.

For gum tenderness, swish one of these rinses in your mouth for one to two minutes, two to three times daily, until resolved.

- Warm salt water (a mix of 1 tsp. salt in 8 oz. water)
- A 50-50 mixture of hydrogen peroxide and water or mouthwash
- A pre-mixed, hydrogen peroxide product that does not need to be diluted (Peroxyl)
- A prescription-strength, antibacterial mouthwash containing chlorhexidine (Perio Rx or Peridex) *NOTE: Do not drink this prescription-strength mouthwash from the bottle; use the measuring cup provided.*

- TMJ / MUSCLE TENDERNESS

Facial muscles and/or the temporomandibular (TMJ) joints may feel tired and stressed from holding your mouth open for an extended period of time during a dental cleaning. To alleviate this discomfort, apply a warm, moist compress, get some rest, eat softer foods, and take an over-the-counter pain reliever. If you're ever uncomfortable during or after a visit to our office, please discuss it with Dr. Sudit or your hygienist to prevent it from happening again.

- ORAL HYGIENE

Thorough daily brushing and flossing are essential for maintaining a healthy mouth and avoiding gum disease and tooth decay. Brushing twice daily for two to three minutes and flossing once each day is your best defense. We highly recommend using an electric toothbrush. The second best option is gently brushing with a soft toothbrush in a circular pattern over all surfaces of your teeth and gums.

- FLUORIDE TREATMENTS

After a fluoride treatment, avoid eating, drinking, and rinsing for 30 minutes afterward. Or after a fluoride varnish, avoid brushing, flossing, and consuming hot liquids and hard, crunchy food for four to six hours after the treatment. Should you feel nauseous or vomit, drink some water or milk and then call Dr. Sudit immediately.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, CALL

952-593-9310