

Oak Park Dental
320-629-2282

Taking Care of Yourself After a Deep Cleaning

Now that you have had scaling and root planing therapy (a deep cleaning), it is important to follow these recommendations to speed the healing process.

-Don't eat until the numbness has completely worn off.

-For the first 2-3 days, restrict your diet to soft food such as yogurt, scrambled eggs and soup until you can comfortably chew.

-Avoid alcoholic drinks and hot or spicy foods until your gums are healed

-Don't use tobacco products for at least 72 hours because tobacco slows healing

-Take some over the counter pain medication before the anesthetic is completely worn off and as needed (according to package directions) for the next 2-3 days. It is normal to experience some discomfort for the next several days. If discomfort last more than 1 week please call our office.

-Warm salt water rinses will help reduce swelling and discomfort.

-Use the Chlorohexidine mouthwash you were given twice per day.

-Brush the area we treated today gently. Start flossing tomorrow, being very gentle.

Call our office with any questions or concerns.