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Taking Care of Yourself After a Deep Cleaning

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

-Take an over-the-counter pain medication before the anesthetic has completely worn off and use as needed (according to package directions) for the next few days. It is normal to experience some discomfort for the next several days. If discomfort is severe or lasts longer than one week please contact our office right away.

-Do not eat or drink until the numbness has completely worn off.

-For the first two to three days, eat soft foods. Once you feel comfortable you can increase your diet.

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

-Avoid tobacco products for at least 72 hours as tobacco slows the healing process. This includes cigarettes, cigars, chewing tobacco and vapes.

-Warm salt water rinses will help reduce swelling and discomfort. Mix ½ tsp of salt in a cup of warm water and rinse gently.

-Use the prescription mouth rinse (Chlorohexidine) twice per day.

-Oral hygiene is important for your oral health and overall health. Diligent home care is necessary to improve your gum health and to correct and/or stabilize your periodontal condition.

-Do not hesitate to call our office at 320-629-2282 with any questions or concerns.