



Anthony Costella, DDS | Rosemarie Goldstein, DDS

REGULAR CLEANING & PERIODONTAL MAINTENANCE • HOME CARE

A fresh start for your smile. Your cleaning removes plaque, hardened deposits and surface stains where possible. Daily home care and timely preventive visits help protect your teeth and gums between appointments.

1 What to expect

Teeth should feel cleaner and smoother. Deep discoloration may remain. Mild gum tenderness, brief sensitivity or slight bleeding can occur, especially with inflamed gums. Symptoms should improve, not worsen.

2 Brush gently, twice daily

Brush for two minutes twice daily with fluoride toothpaste. We recommend an easy-to-use electric toothbrush with soft bristles, ideally with a pressure sensor. Guide it gently along the gumline. A soft manual brush can also work well.

3 Clean between teeth every day

Floss daily: curve floss around each tooth and clean its sides without snapping into the gums. Ask about interdental brushes, floss holders or a water flosser if flossing is difficult.

We are happy to demonstrate brushing and flossing. Ask us for personalized tools and techniques.

4 If you received fluoride

Follow the instructions for the specific fluoride product applied today. Some gels or foams require no eating, drinking or rinsing for 30 minutes. Fluoride varnish may require waiting 4-6 hours or longer before brushing or flossing. Food and drink rules vary. Ask us before leaving.

5 Your maintenance schedule

Regular preventive cleanings and periodontal maintenance are different types of care. If you have been treated for gum disease, periodontal maintenance helps remove new deposits and monitor gum pockets and supporting tissues. You may need visits more often than every six months, commonly every 3-4 months. Your dentist will recommend an interval based on your gum health and risk. Continue home care even when your mouth feels healthy.

6 Complete recommended treatment

If your exam or X-rays showed areas needing fillings, crowns, gum treatment or another evaluation, schedule those appointments as advised. A cleaning does not replace treatment of decay, broken teeth or active gum disease. Keep us informed about sensitivity, bleeding, changes in your bite or difficulty cleaning any area. Bring night guards, retainers or other appliances to visits for review.

7 Book ahead & ask for help

Schedule your return cleaning or periodontal maintenance appointment before you leave.

As a general and preventive dental practice, our schedule fills quickly. Booking ahead helps secure timely care.

For home-care videos, choose trusted sources such as the American Dental Association's MouthHealthy brushing and flossing guides. Ask us to demonstrate anything unclear; videos reinforce our personalized instructions.

QUESTIONS OR CONCERNS? PLEASE CALL THE OFFICE

Call for heavy or persistent bleeding, pain or sensitivity that is severe or worsening, swelling, fever, pus, or any unusual discomfort. Call if you have trouble brushing or flossing, or any concern about your teeth or gums.

Dr. Costella 415-453-0642

Dr. Goldstein 415-453-0122

Call 911: trouble breathing or swallowing, rapidly spreading face or neck swelling, severe allergic reaction, uncontrolled heavy bleeding, fainting, confusion or difficulty waking.