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AFTER YOUR DEEP CLEANING • SCALING & ROOT PLANING

Deep cleaning removes plaque and hardened deposits from below the gums to treat periodontal disease. It helps inflamed gums heal and reduces the risk of further damage to the tissues and bone supporting your teeth.

1 What to expect

Mild gum soreness, tenderness and slight oozing or pink saliva may occur during the first 24-48 hours and should gradually improve. Teeth may feel sensitive, especially to cold drinks. Sensitivity can last a week or longer; call if it is severe, worsening or not improving.

2 Sensitivity & exposed roots

As swelling settles and deposits are removed, more root surface or spaces between teeth may become noticeable. Exposed roots can be sensitive. Use a fluoride toothpaste for sensitive teeth as directed. Choose lukewarm drinks and avoid very cold, hot, acidic or sugary foods if they trigger discomfort.

3 Eating & numbness

If local anesthetic was used, wait until numbness wears off before chewing. Avoid hot food and drinks while numb, and take care not to bite your lip, cheek or tongue. Choose soft foods while gums are tender, drink water and return to usual foods as comfortable.

4 Excellent daily home care

Brush gently twice daily with a soft toothbrush and fluoride toothpaste. Clean between teeth daily with floss or the interdental brushes recommended by your dental team. Mild bleeding is not a reason to stop gentle cleaning. If medicine was placed under the gums, follow your dentist's special cleaning instructions.

5 Salt water & mouthwash

For comfort, gently rinse with **1 teaspoon of salt dissolved in a tall glass (about 12-16 oz) of warm water**, two or three times daily for a few days. Spit out; do not swallow.

If your dentist approves, you may use Listerine or another mouthwash of your preference as labeled; an alcohol-free option may be more comfortable. Stop if it burns or irritates. If a prescription rinse was provided, follow that plan instead. Rinses support, but do not replace, brushing and cleaning between teeth.

6 Medication & healing

Continue medicines and any prescribed pain relief, antibiotics or mouth rinse exactly as directed. Do not exceed recommended doses. For a rash or hives, stop the suspected medicine and call promptly. Avoid smoking or vaping to support gum healing. Allow time for recovery and complete all recommended treatment visits.

7 Protect your results

After deep cleaning, you will need ongoing periodontal maintenance, often every 3-4 months or as recommended for your gum condition. These visits remove new deposits, monitor pockets and help prevent further gum and bone damage. They are different from routine preventive cleanings. Keep your healing recheck so we can assess the gums, remeasure pockets and decide whether more treatment is needed.

QUESTIONS OR CONCERNS? PLEASE CALL THE OFFICE

Call for heavy or persistent bleeding, fever of 100.4°F or higher, unusual lethargy, pus, foul odor or taste, increasing swelling, severe or worsening pain or sensitivity, or a medication reaction. Call with any concern.

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.