



Choose Health. Choose Yourself.

### **Deep Cleanings**

- While your mouth is numb, **be very careful with your lips and tongue**. Avoid eating hard or crunchy foods until all numbness has subsided. We recommend soft foods and smoothies until the anesthetic wears off; just make sure to brush your teeth afterwards!
- Your gums, cheeks, and jaw may be sore following treatment. In addition to the chlorhexidine rinse you may already be using, **rinse your mouth with warm salt water** if your gums are tender.
  - Fill an 8 oz glass with warm water and mix in 1 tsp of salt. Swish small amounts until the glass is empty; repeat several times a day for the first couple of days following your visit. Discontinue once symptoms subside.
- For pain and inflammation, take 400-600 mg of ibuprofen every 6-8 hours with food. **DO NOT** take this medication on an empty stomach. Begin taking the ibuprofen while you are still numb from the procedure and continue to take it for 3-4 days following your visit.
- **It is normal to experience mild sensitivity** to cold food and drink in the first few days and weeks following treatment. Prescription fluoride toothpaste and rinses will help relieve the sensitivity.
- Call us at **919-286-4481** with any other questions or concerns!