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Post-Operative Instructions for Deep Cleaning

Once you head home from the office after your deep cleaning (or “periodontal scaling and root planing”), you may begin to experience some cold sensitivity or gum soreness. As with most oral treatments, a small amount of bleeding is normal. To soothe bleeding or tender gums, apply pressure with a wet tea bag in the area for approximately 20 minutes. If excessive bleeding or discomfort persists, please contact our office.

You may experience gum tenderness or soreness at the injection site, or less frequently, some bruising.

Do your best to avoid hot, spicy, or crunchy foods. Remove plaque by brushing and flossing gently throughout the entirety of your recovery, even if your gums are sore.

To alleviate pain or discomfort, take an over-the counter pain medication. You can also rinse your mouth with a warm salt water solution (1 teaspoon of salt in a cup of warm water) 3 times a day for 3 days after the procedure. Please be sure to stay hydrated.

Please remember, if you have any questions, feel free to contact our office. We are more than happy to help you on your road to recovery, and towards a beautiful healthy smile!