

## Post-Dental Cleaning Instructions

1. After your dental cleaning, there may be some discomfort. You may take whatever medication you normally take for a bad headache or take the medication prescribed by the doctor.
2. If you were anesthetized for your cleaning, try to wait until the anesthesia fully wears off before eating any solid foods or drinking any hot liquids in an effort to avoid biting or burning yourself.
3. It is normal to experience some bleeding from the gums after your dental cleaning. You may rinse vigorously with salt water (saline) or *The Natural Dentist Healthy Gums Rinse*. It is very important to continue your oral hygiene regimen (as specified by the dental hygienist or doctor) to prevent further inflammation or bleeding. Even for non-flossing patients, the bleeding will disappear in seven (7) to ten (10) days if you are flossing/using floss substitutes properly.
4. You may experience some non-lingering temperature sensitivity after the procedure. If so, stop using any over-the-counter whitening products (toothpastes, rinses, strips/trays, etc.), and only use regular toothpaste until the sensitivity resolves. You may also use Sensodyne (non-whitening) Toothpaste.
5. Bleeding when flossing is expected when the gums are inflamed. Do not stop flossing when you see bleeding, but rather continue flossing at least once/day until the bleeding stops.
6. Do not hesitate to call the office (518-869-5397) if a problem arises or you have a question.