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Deep Cleaning Post-Op Instructions

You have just had a deep scaling of your mouth. The following is a list of instructions to help minimize discomfort and promote healing.

1. Your mouth is numb so PLEASE BE CAREFUL. Avoid eating or drinking, if possible, until the numbness goes away.
2. Sensitivity and soreness is not unusual following this procedure. To minimize discomfort take ibuprofen, Tylenol or aspirin, BEFORE the numbness goes away.
3. Avoid hard, crunchy or spicy foods as well as acidic (orange juice) foods for 1-3 days.
4. Use prescribed rinses as recommended and rinse with warm salt water (1/2 tsp. salt to 8 oz. warm water) several times a day for 1-3 days.
5. Follow hygiene instructions as directed.
6. If you have any questions or concerns please call the office at (858)-558-2121.