



### **What to Expect After Your Visit**

- Mild tooth sensitivity is normal after a professional cleaning.
- Gums might feel tender or bleed slightly for a day or two.
- Avoid eating or drinking for 30 minutes if fluoride was applied.

### **What You Should Do**

- Brush twice daily using fluoride toothpaste.
- Floss once a day — be gentle around tender areas.
- Drink plenty of water to help rinse bacteria and food particles.
- Eat a balanced diet with minimal sugary snacks.

### **What to Avoid**

- Skip hard, sticky, or overly hot/cold foods for 24 hours if your gums are sensitive.
- Avoid smoking or alcohol for the day, especially after deep cleaning.

### **When to Call Us**


- Persistent bleeding, pain, or swelling
- Tooth sensitivity that lasts more than a few days
- Questions about your dental care or next steps


### **Stay on Schedule**

Visit every 6 months — or as advised by your dentist — for cleanings and exams.

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### **Contact & Follow-Up**

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