



## Teeth Cleaning Aftercare Guide

### Huwaran Dental Clinic

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#### ✔ What to Expect After Your Cleaning

- Mild tooth sensitivity is normal, especially to hot or cold foods.
  - Gums may feel tender or bleed slightly for a day or two.
  - Your teeth will feel smooth and clean — that's the plaque and tartar gone!
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#### 🕒 Aftercare Tips

- ✔ Avoid eating or drinking for 30 minutes if fluoride treatment was applied.
  - ✔ Continue your regular brushing and flossing routine, but be gentle if your gums feel tender.
  - ✔ Drink plenty of water to stay hydrated and promote healing.
  - ✔ Avoid hard, sticky, or crunchy foods for the rest of the day if your gums feel sore.
  - ✔ If discomfort persists beyond 48 hours, contact us.
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#### 💡 Frequently Asked Questions

How often should I get a professional cleaning?

→ Every 6 months is recommended, or as advised by your dentist.

Can teeth cleaning whiten my teeth?

→ It removes surface stains, making your smile brighter. For deeper whitening, ask about our whitening treatments.

Is teeth cleaning painful?

→ Most patients feel no pain. Some mild sensitivity is possible but temporary.

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#### 📍 Need Help? Contact Us Anytime!

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Thank you for trusting Huwaran Dental Clinic — your smile is in good hands! 🦷 ✨