
After a Deep Cleaning (Scaling and Root Planing)

A deep cleaning reaches below the gumline, so your gums may feel tender for a day or two while they settle. That's your gums starting to heal.

The first day

- Wait until the numbness wears off before you eat or have anything hot.
- Your teeth may feel more sensitive to hot and cold for about 24 hours.
- Skip hard exercise and very hot or spicy food for the first 24 hours.

The next two days

- Avoid alcohol and smoking for at least 48 hours. Both slow down how your gums heal.
- A little bleeding when you brush is normal for a few days.

Comfort and care

- Ibuprofen or acetaminophen, taken as the label directs, usually handles any soreness.
- Rinse with warm salt water (about one teaspoon in an eight-ounce glass) up to three times a day.
- Brush and floss gently, and go back to your normal routine once the soreness is gone.
- Take any medicine we prescribed exactly as directed.

Call us if the bleeding is heavy or doesn't slow down. 845-358-5110

For a serious or life-threatening emergency, call 911 or go to the nearest emergency room.

This is general advice only. Please contact your doctor directly if you need specific care instructions.

Nyack Family & Cosmetic Dentistry · Dr. Dwayne Bodie, DMD · 51 North Broadway, Suite 1, Nyack, NY 10960 · 845-358-5110