

Post-Op Instructions for Cleaning

Today your patient received a thorough dental cleaning. This may have involved the removal of bacteria below the patient's gum line which may result in some bleeding from the gingival tissue. This is a normal response to this procedure. There may be some residual bleeding at the time of dismissal and the gum tissue may appear red and/or swollen. This should subside within a few hours of the procedure but may persist for the next 24 hours. There is usually minimal discomfort with this procedure, however, an over-the-counter pain medicine, such as Advil or Tylenol may be given to the patient as needed.

Normal oral hygiene may resume as soon as the patient is comfortable. An antibacterial rinse (Listerine Zero, Crest Pro Health or Peridex) may be applied to tissue as needed to help reduce the swelling and/or bleeding. These may be brushed on or swabbed on with a sponge tip applicator. Xylitol Oral Rinse is also a good choice for helping reduce the amount of bacteria in the oral cavity. As a reminder, please brush patient's teeth at least twice daily and floss when able. An oral rinse or spray is also a good addition to your patient's oral hygiene. Rinses do not have to be swished to be effective. They may be brushed on or swabbed on.

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