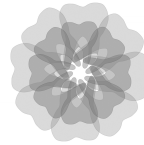


630 5th Ave, Suite 1860
Rockefeller Plaza
New York, NY 10111
212-765-7340

196 Bellemead Road, Suite 6
Stony Brook Technology Park
East Setauket, NY 11733
631-482-2630



Preserve Your Teeth
D E N T I S T R Y

DEEP SCALING AND ROOT PLANING AFTER CARE INSTRUCTIONS

To minimize the discomfort and aid proper healing following your deep cleaning, we suggest the following:

1. After the procedure, take aspirin, Tylenol (acetaminophen), or Advil (ibuprofen) *before* the anesthetic wears off. Continue to take one tablet every four hours for the next two days.
2. Rinse with a warm salt-water solution (mix ½ teaspoon salt in 8 oz. warm water) two or three times an hour for the next day or two.
3. Use a soft toothbrush at least two times a day. Be gentle and *clean thoroughly*. Slight bleeding may occur while brushing as the tissues begin to heal.
4. Avoid strong spicy seasonings, and hard “chips” for the next few days.
5. As the tissues heal, some sensitivity to cold may occur. Use a desensitizing toothpaste (such as Fluoridex or Sensodyne), or fluoride gel (such as Prevident or Gel-Kam) frequently (at least 4 times/day) for 1 to 2 weeks. Also, the cleaner the teeth are kept, the less sensitive they will be.
6. Faithfully use any other oral hygiene aids that have been recommended (floss, Perio-Aid, rubber tip, Sonicare, Prox-a-brush, Gel-Kam fluoride, Peridex mouthrinse, etc).
7. Refrain from smoking for 24 hours or longer. Tobacco interferes with healing.
8. If there has been an expressed concern about your root surface decay tendency please consider the following root surface hardening fluoride treatments: PREVIDENT/FLUORIDEX (toothpaste by prescription) ACT (mouthwash) by Johnson & Johnson, FLUORIGARD (mouthwash) by Colgate or GC MI paste as *non*-fluoride option. Please also ask for a fluoride treatment when having your recall maintenance treatment.

Thank you for entrusting us with your care.