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Excel Dental & Implant Center
Excel Orthodontics

Deep Cleaning

Your dentist/hygienist may prescribe a deep cleaning (Scaling and Root Planning). It is usually done in sections. One half of the mouth is cleaned in one session & you will have to come back for the other half. First the teeth & the gums are anaesthetized, then the teeth are cleaned using a combination of ultrasonic & hand instruments.

- ❖ It is normal to experience cold & hot sensitivity after the appointment
- ❖ Your teeth may be sensitive to chewing
- ❖ Your gums will be sore and may bleed
- ❖ Your dentist/hygienist may advise the placement of an antibiotic (Arestin, Perio-chip) in the pocket if it is greater than 4mm. In this case, patients should postpone brushing for 12 hours and avoid the use of interproximal cleaning devices (Flossing) for 10 days.
- ❖ Patients should avoid eating hard, crunchy, or sticky foods for 1 week.
- ❖ After completion of treatment it is important to follow good home care which includes regular brushing, flossing, using a mouth rinse (prescription or over the counter)
- ❖ Your dentist/hygienist may put you on a 3-4 month follow up care. Failure to comply with it will return your gum condition back to square one.
- ❖ Regular follow up care will create an environment for the gums and bone to heal, and will prevent further destruction. Gum disease is a silent disease and the importance of follow up care cannot be overemphasized.

Please contact our office for further questions. We value your comfort and health!