

## **POST PROCEDURE INSTRUCTIONS** **AFTER SCALING**

- ❑ Today your tongue will keep touching the inside part of your lower front teeth and you might feel that gaps have been created with cleaning of teeth. But don't worry those gaps naturally existed but were covered with tartar (hard deposit) This is a transient feeling and in next couple of days it will feel better.
- ❑ The bleeding spots that you see at few places on gums around the teeth would disappear in few hours.
- ❑ The teeth might feel very sensitive to hot and cold foodstuffs, liquids and even cold air. Use the desensitising toothpaste prescribed to you in the manner explained to you. (apply paste on teeth and let it remain on teeth for 30 seconds to one minute or so and then use toothbrush to brush your teeth)
- ❑ Avoid extreme hot and cold to eat and drink for a couple of days to avoid the discomfort.