



Self Care: Deep Cleaning

- Deep cleaning is an extensive process to remove calculus (tartar) from below the gum line and also to smooth rough root surfaces.
- Your gums will likely be tender for the next few days and should improve over the next couple of weeks. Expect soreness in and around injection sites. Bruising can be associated with injections.
- Teeth can be sensitive, please use ACT fluoride rinse daily for this.
- To alleviate the discomfort you can use over-the-counter pain medication such as Advil.
- **The key to successful treatment is your homecare.** It is important to floss daily and brush 2-3 times per day. It is also important to use a mouth-rinse to help control bacteria levels. You should have been directed to either use a prescription rinse or over the counter. Please avoid Listerine as it has a very high alcohol content. **Closys** mouth rinse (can be picked up at Walgreen) is the over the counter product we recommend.
- We will check your tissues for improvement at your next periodontal appointment in 3-4 months. At this appointment we will also clean any debris that redeveloped or was hidden under inflamed tissue previously. Check involves comparing probing depths to the previous ones in hopes for tissue attachment back to tooth.
- You will be scheduled every three to four months until your gums have healed and stabilized at which point six month check-ups are recommended.
- If anything feels out of the ordinary or if you have any problems or questions call 303-975-6987

Thank you for choosing Ascent Dental Group for your dental needs