

When to seek dentists' help?

See your dentist if:

You have any swelling, bleeding, sensitivity or discomfort that increases or continues beyond 3 - 4 days, or if you have any other questions or concerns, please call our office or go to your nearest dental clinic during working hours or emergency unit at your nearest hospital.

**For more information, contact our
Dental Services Receptionist during
our business hours:**

Monday to Thursday
7:00 AM - 12:00 PM
1:00 PM - 4:00 PM

Friday
7:00 AM - 11:30 AM
2:00 PM - 3:30 PM



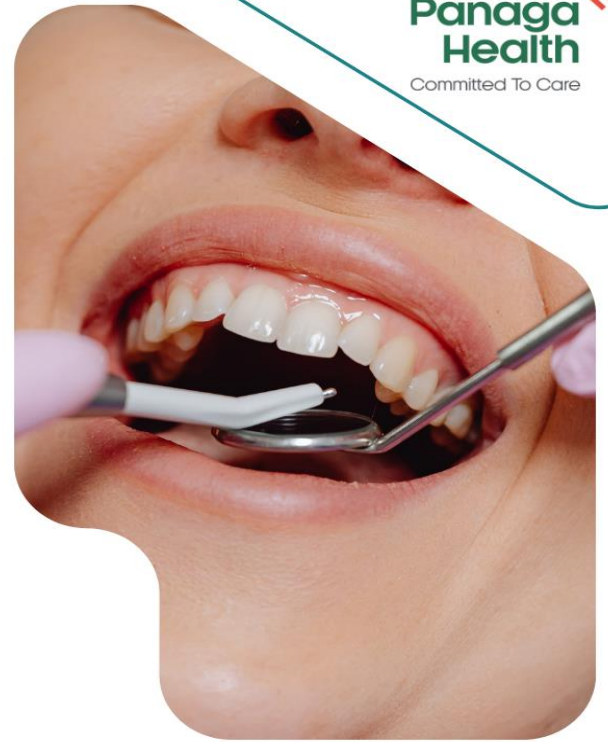
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Home Care After Scaling



What happens after scaling?

1. It is normal to experience some sensitivity and gum soreness after your appointment. Slight pain and discomfort immediately following treatment is usually present in area where advanced periodontal disease was present. These will subside within 2- 3 days. Teeth may be sensitive to hot, cold, or sweet. It is recommended to use a desensitizing toothpaste made for sensitive teeth.



2. Avoid hot food and drinks for 24 hours.



3. Avoid smoking or vaping for 72 hours after the procedure. These activities will slow down healing.



4. Rinse three times a day with warm salt water (put pinch of salt in a cup of warm water, rinse-swish-spit) to reduce pain and swelling. If antibiotics are prescribed, continue to...

...take them for the indicated length of time, even if all symptoms and signs of infection are gone.



5. Gentle brush the treated area very lightly the first night. The next day, begin flossing the area lightly, and gradually return to normal brushing and flossing over the next week.

