

**COOLEYSMILES**  
GENERAL & COSMETIC DENTISTRY  
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**POST OPERATIVE DENTAL HYGIENE INSTRUCTIONS**

ORAL HYGIENE

- Rinse Gently
- Brush

**Floss**

- Other Aids \_\_\_\_\_

POSSIBLE COMPLICATIONS:

***Bleeding:***

- Normal: Pink saliva 1-2 days from area scaled when you brush teeth or rinse out. You may also notice small blood clots between teeth. *Do not remove these small blood clots or rinse vigorously.*
- Abnormal: If you notice, large blood clots, heavy or light continuous bleeding which last through the night and until the next morning.  
*Please call the office 425-747-7000.*

***Discomfort***

Tissue Soreness: You may have some tissue soreness in the area scaled for approximately 1-3 days. This will subside with good oral hygiene.

Root Sensitivity: You may experience root sensitivity along the gum line on areas that have been scaled. Cold sensitivity is the most common symptom. With good oral hygiene, professional and home fluoride, these symptoms will subside.

***Tooth Mobility (Looseness):***

If you have lost a significant amount of bone around one or several teeth due to periodontal disease, you may experience some increased tooth mobility after your treatment here. The reason for increased mobility after scaling is due to extra stress that was placed on the tissue fibers that help hold the tooth in place. This will decrease dramatically as you heal and your homecare improves.

***Recession:***

If your gum tissues were very inflamed before treatment, you may notice some shrinkage and a return to health as you continue your homecare regimen.

***Abscess Formation:***

If you noticed a localized, tender swelling in any area of the mouth along the gum line, you may have an abscess forming. *Please call the office 425-747-7000*

***Diet:*** Avoid hard, sharp or highly spiced foods for 24 hours after treatment.

***Other:*** \_\_\_\_\_

*Thank you,*  
*Dr. Aaron C. Cooley, Dr. Brandon E. Cooley, & The Hygiene Staff*