



THE DENTAL IMPLANT PRACTICE
IMPLANTS. COSMETICS. GENERAL DENTISTRY

Post-Op Instructions after Scaling and Polishing

- Avoid drinking or eating anything too hot or too cold for the next 24 hours
- Avoid tea and coffee or any sticky food for the next 24 hours
- Do not smoke for 24 hours, quitting would be even better.
- Avoid foods and beverages that can leave stains on teeth.
- Mild sensitivity to liquids may occur. This usually passes within a day or 2 days.
- If you experience gum sensitivity, do not brush the affected area while brushing your teeth.
- Do not brush your teeth aggressively.
- Use the Mouthwash, Toothpaste and Gel as prescribed.
- Bleeding on brushing for 1-2 days is normal since it takes a little time for the unhealthy gums to heal and get back to health. Healthy gums don't bleed. Keep brushing, gently!



Schedule your consultations

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