

CREATING CONFIDENT SMILES SINCE 1972



POST TREATMENT CARE

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Wisdom Teeth | Root Canals | Dentures | Implants | Invisalign | IV Sedation | Hospital Privileges | 24 Hr. Emergency Service | Open Saturdays | All Insurances Welcome | Se Habla Español

EXAM, X-RAYS, & CLEANING

Following any procedure, we want each of our patients to go home feeling well taken care of and confident. For this reason, we put together a list of care instructions that will help in maintaining your healthy smile. Here is what you need to know:

It is very important to maintain your daily dental care regimen.

- > **Brushing:** Make sure to brush your teeth after every meal with a fluoride toothpaste a soft bristle toothbrush. Brush in a circular motion over every surface of each tooth (top surface, inner surface, and outer surface). Gently brush the area where your gums meet the top portion of your teeth (brushing your gums too hard can damage your gums and lead to gum recession). Brushing over your tongue will help you avoid bad breath.
- > **Flossing:** To keep your teeth and gums healthy you must floss daily. Flossing helps you break down the tartar that builds up between your teeth and gums. Tartar build-up leads to swollen and bleeding gums, bad breath and can result in periodontal disease. Gently floss between teeth and up in the gum area near the top of your teeth. Flossing daily will result in healthy gums that do not bleed during flossing.
- > **Regular Cleanings:** We recommend that you have your teeth cleaned every six months to help prevent any future problems. If you do not have an appointment scheduled for your next cleaning, please call us and we will schedule it for you.

If you have any questions or concerns about any aspect of the dental visit, please let us know. We look forward to working with you to ensure that your smile always has a bright and healthy future.

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