After Your Deep Cleaning (SRP)

Your deep cleaning is a fresh start for healthier gums. Gentle home care and follow-up visits will help you keep that progress.

Today • Stay comfortable

Wait until numbness wears off before chewing. Avoid hot drinks while numb, and take care not to bite your lip, cheek, or tongue.

Choose soft foods. Avoid very hot, spicy, or crunchy foods while your gums are tender.

Use pain medicine only as recommended and according to its label.

Over the next few days • What to expect

Mild soreness and light bleeding may last a day or two. Cold sensitivity can last longer but should gradually improve.

As swollen gums settle, teeth may look longer or spaces may become more noticeable.

Every day • Keep cleaning gently

Brush twice daily with a soft brush and fluoride toothpaste. Clean between teeth with the floss or small brushes we recommended.

A little bleeding during brushing can happen; continue cleaning gently. Avoid forceful scrubbing or snapping floss into your gums.

For comfort, gently rinse with ½ teaspoon salt in 8 ounces of warm water. Sensitivity toothpaste can also help when used consistently.

Avoid smoking and vaping to support gum healing.

If prescribed • Chlorhexidine 0.12% rinse

Swish 15 mL undiluted for 30 seconds, then spit, twice daily for your prescribed course—usually 2 weeks. Follow your prescription if it differs. Do not swallow.

Use at a separate time from brushing. Avoid food, drinks, or water rinsing for 30 minutes afterward.

Temporary staining or taste changes can occur. Do not extend the course on your own. Stop using the rinse and seek medical or dental advice for a rash or significant mouth irritation.

Your next step

Complete any remaining deep-cleaning visits and your gum recheck. Keep your gum-maintenance cleanings on the schedule we recommend, usually every 3–4 months.

Mild tenderness, brief cold sensitivity, and light bleeding during the first day or two usually settle with home care.

If You Need Additional Care

Call our office at (281) 852-2230 for severe pain that does not improve with medication taken as directed, or worsening facial swelling, with or without fever. If the office is closed and care cannot wait, seek urgent dental care.

For emergencies: Go to the ER for swelling spreading toward the eye or neck. Call 911 for difficulty breathing or swallowing.