

INSTRUCTIONS FOR DEEP SCALING PATIENTS

1. Add 1 teaspoon of salt to a glass of warm water and rinse your mouth 3 to 4 times the first 24 hours, use the entire glass. This is a minimum, you can use as long as needed for healing.
2. If needed, take 2 to 3 Tylenol or Ibuprofen (Advil, Medipren, etc.) every 6-8 hours (or as needed).
3. You may have sensitivity to hot and cold, and also when biting down.
4. If only one side of your mouth was treated today, you can eat whatever you like - please chew on the side opposite to the one that was worked on. **AVOID ANY CHEWING DURING THE TIME YOU ARE NUMB TO PREVENT INJURY TO YOUR TONGUE, CHEEKS AND LIPS** (especially when a lower area is worked on).
5. If you can, do your home care tonight in all areas. If the area worked on is sensitive, then wait until the next morning. In order to start healing properly, the area must be kept plaque free on a daily basis.
6. If any increased swelling occurs in any area, please call our office.
7. If bleeding continues for more than 2 hours, place a moist tea bag over the area, and apply light pressure for 10 minutes. This will help to form a blood clot to stop the bleeding.
8. Should you have any questions or concerns, please call our office. If it is after normal business hours, you can reach your doctor's cell phone below.

Dr. Lindsay Eastman's Cell Number	(941) 920-0587
Dr. Christie Craighead Cell Number	(352) 575-0483
Dr. Justin Craighead Cell Number	(352) 448-1553
Dr. Rachael Voight's Cell Number	(850) 974-6079