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## Post Operative Care for Deep Cleanings

Gum tenderness, increased cold sensitivity, some bleeding and chewing sensitivity can be normal after this type of cleaning. As your teeth and gums become healthy, these symptoms will subside. To help the healing process, it is important that you keep up with your home care, including brushing at least twice a day and flossing once a day, in addition to having regular professional dental cleanings every 3-4 months. The Doctor may also prescribe an antibiotic or mouth rinse to promote gingival health. To alleviate any symptoms in the meantime, you may rinse with warm salt water and take analgesic tablets i.e. Tylenol, Motrin, Advil or Aleve as directed on the bottle. Using an anti-sensitivity toothpaste such as Sensodyne or Prevident can be helpful.

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