

# Dental Deep Cleaning Procedure

If you're experiencing gum disease, your dentist may recommend a deep cleaning procedure to remove harmful bacteria and prevent further damage to your gums and teeth.



# What is a Dental Deep Cleaning?

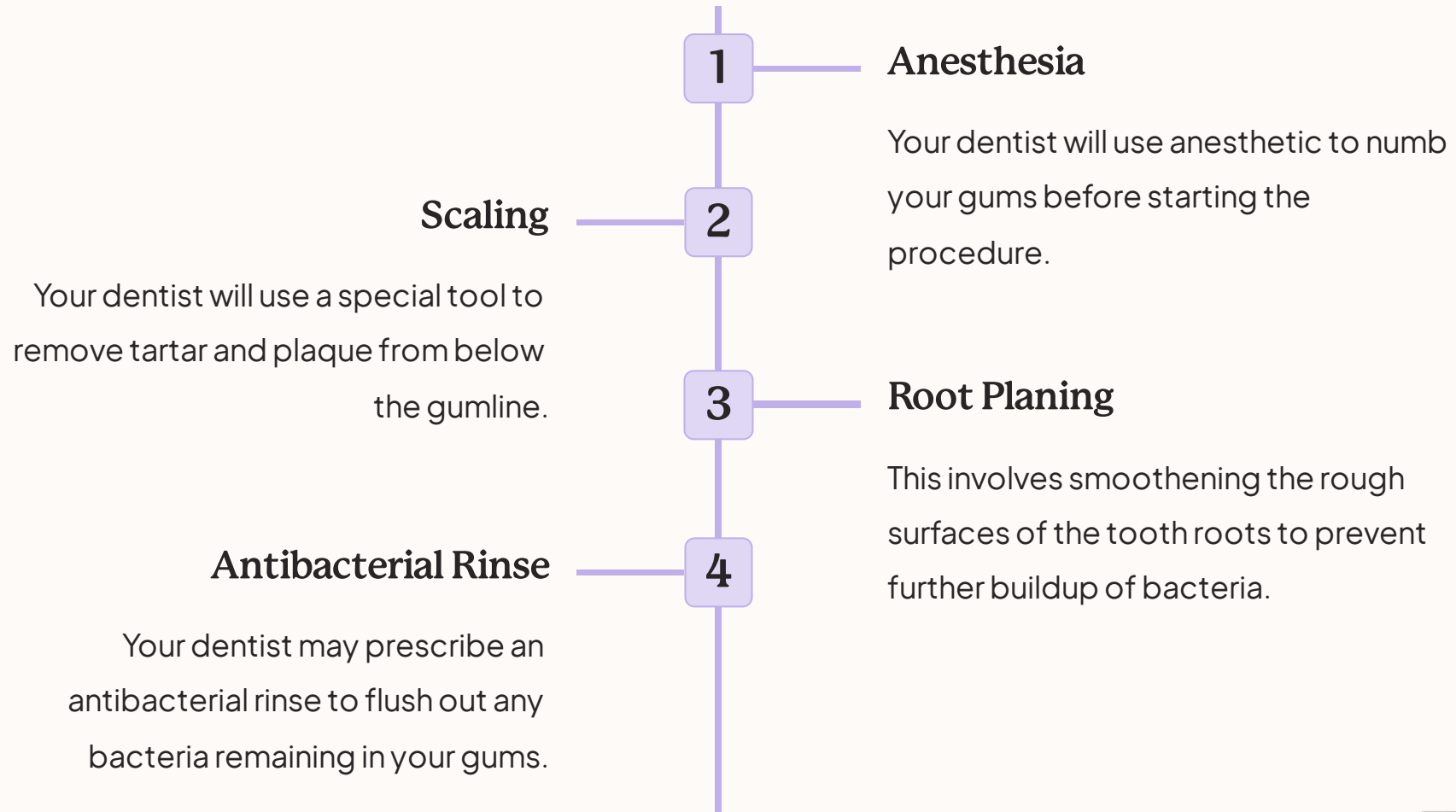
## **Purpose**

A deep cleaning removes bacteria under the gumline and smooths the root surface to promote healing and prevent further damage to your teeth and gums.

## **Regular vs. Deep Cleaning**

A regular cleaning is a routine check-up, while a deep cleaning is a more thorough cleaning performed on patients with gum disease.

# The Process of Deep Cleaning





# Preparing for the Procedure

- Avoid smoking and eating before the procedure
- Inform your dentist about any medical conditions or medications you're taking
- Wear comfortable clothing

# Pain Management

## 1 Anesthesia

Your dentist will use anesthesia to numb the gums, making the procedure painless.

## 2 Over-the-counter painkillers

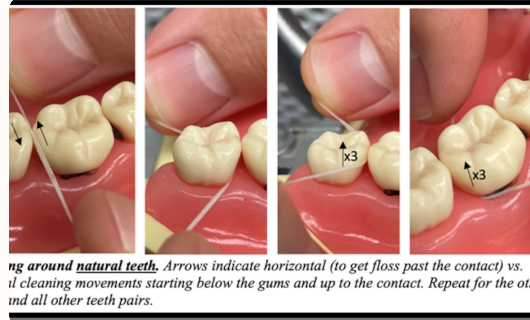
If you're experiencing pain after the procedure, your dentist may recommend painkillers. Over-the-counter medication such as ibuprofen or acetaminophen can be used depending on your medical history and symptoms.

# Aftercare Instructions



## Brushing

Brush your teeth twice a day using a soft-bristled toothbrush and fluoride toothpaste.



## Flossing

Floss at least once a day to remove bacteria build-up in hard-to-reach areas.



## Diet

Eat a balanced diet rich in fruits, vegetables, and low-fat dairy products to maintain healthy teeth and gums.



## Follow-up appointments

Schedule regular check-ups with your dentist to monitor your oral health and prevent gum disease.

# Importance of Regular Dental Cleanings and Check-ups

## Prevention

Regular dental cleanings can prevent tooth decay, gum disease, and other dental problems.

## Saves Money

If you have dental insurance, most policies cover preventative care, and regular check-ups lead to earlier detection of problems and lower costs in the long run.

## Better Health

Your oral health is linked to your overall health, and maintaining good oral hygiene can prevent other systemic diseases.

# Don't Wait - Schedule a Cleaning Today

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