



Cleaning Post Op Instructions

- Please brush and floss as directed by your Dental Professional at Valley View Dental.
- If your gums are tender after the cleaning, please take Advil or Tylenol for any discomfort
- If a deep cleaning was done, the gums will usually recede because they are healthier but the teeth may be sensitive to temperatures. Please let us know if this occurs.
- Your dental professional will recommend a continuing care schedule that is catered to your needs. Please return for your next scheduled recare visit to provide a lifetime of lasting oral health.