



AFTERCARE INSTRUCTIONS FOR DEEP SCALING AND LASER TREATMENTS

1. No flossing or using interdental picks/brushes for 7 days.
2. Do not eat hard or sticky foods for 7 days (Ex. Carrots, caramel...or anything that will make you want to use floss or interdental brushes to remove...because...see #1).
3. You should still brush your teeth that have been deep scaled and lasered, just not at a 45 degree angle as you should have been doing before. Brush the tooth that is above the gum, NOT BELOW GUMLINE. For about 2 weeks.
4. Rinsing is fine.
5. If you have had more than 1-3 teeth scaled and lasered, then your next cleaning will be 3 months from the day the last quadrant was worked on.