



POST-OPERATIVE INSTRUCTIONS

After Your Cleaning & Fluoride

Preventative Care · Cisco Dental — Dental Fitness

A professional cleaning gives your teeth a fresh, smooth starting point. A few small steps afterward help the fluoride do its job and keep newly cleaned gums comfortable.

If fluoride varnish was applied

- Do not eat or drink for 30 minutes.
- Avoid hot drinks, alcohol, and crunchy foods for the rest of the day so the varnish stays on the teeth.
- Brush and floss tonight before bed — this is when you gently remove the varnish film.

Tender or sensitive gums

- Mild sensitivity or gum tenderness for a day or two is normal, especially if it had been a while.
- Warm salt-water rinses (1/2 teaspoon salt in a cup of warm water) soothe the tissue.
- A sensitivity toothpaste used daily helps if cold sensitivity lingers.

Keeping the result

- Clean between your teeth once daily — it is the single habit that protects a fresh cleaning most.
- Keep water as your all-day drink and save sweet or acidic drinks for mealtimes.