



After Dental Scaling & Polishing: Caring for Your Smile

1. What to Expect

- Mild sensitivity, tender gums, or slight bleeding may occur but usually subsides within a few days.
- You may notice smoother, brighter teeth right after treatment.

2. Daily Care

- Brush gently twice daily with a soft-bristled toothbrush and fluoride toothpaste.
- Floss once a day to remove plaque between teeth.
- Use fluoride mouth rinse or toothpaste to reduce bacteria and strengthen enamel.
- Keep up with regular dental check-ups to monitor gum health.

3. Eating and Drinking

- You can eat soon after treatment, but choose softer, neutral foods for the first 1-2 days.
- Avoid: very hot or cold items, acidic foods (citrus, sodas), strongly coloured foods (curry, soy sauce, red wine), and hard/crunchy snacks.
- Limit smoking to prevent staining and gum irritation.

Please contact us if you experience **persistent pain, heavy bleeding, signs of infection,** or any changes such as **gum recession** or **loose teeth**.

Need Help? Contact us at **96671828**. **For emergencies, dial 995.**

True Dental Studio wishes you a speedy recovery.