



 Seapoint Clinic

Exam, Scale & Polish

AFTERCARE & INSTRUCTIONS

Welcome to Your Oral Health Journey

Congratulations on completing your exam, scale, and polish at Seapoint Clinic!

This routine procedure is a key part of maintaining your oral health, performed by our skilled dental hygienists using state-of-the-art equipment. At Seapoint Clinic, we prioritise your comfort and long-term dental well-being with expert care.

An exam, scale, and polish involves a thorough dental check-up followed by professional cleaning to remove plaque, tartar, and stains that regular brushing can't address. This process helps prevent gum disease and keeps your smile bright and healthy.

Our hygienists spend 30 minutes ensuring comprehensive care, tailoring advice to your specific needs. Proper aftercare will help you maintain the benefits of this treatment and support your oral health moving forward.

The Benefits

This procedure offers several advantages for your oral health:

1 | **Prevents Gum Disease:** Removes tartar buildup, reducing the risk of

gingivitis and more serious gum issues.

2 | **Brighter Smile:** Polishing eliminates surface stains from tea, coffee, or smoking, enhancing your teeth's appearance.

3 | **Early Detection:** The exam identifies potential problems early, avoiding costly treatments later.

During the scale and polish, our hygienists use ultrasonic tools to remove tartar and a polishing paste to smooth your teeth, leaving them feeling fresh. You may notice mild sensitivity or slight gum tenderness afterward, which is normal and should ease within a day or two. Following the aftercare instructions below will ensure your mouth stays healthy until your next visit.

What to Expect

After your exam, scale, and polish, you might experience temporary sensitivity, especially if your gums were tender or if staining was significant. This should subside quickly with proper care. Your teeth may feel unusually smooth, and your gums might be slightly pink as they adjust. Most patients feel comfortable resuming normal activities immediately, but following these guidelines will optimise your results.

Exam, Scale Polish Aftercare Instructions & Long-Term Care

Immediate Aftercare (First 24 Hours)

Take these steps to care for your teeth and gums right after your appointment:

- 1 Gentle Brushing:** Use a soft-bristled toothbrush and brush gently to avoid irritating your gums, which may be slightly sensitive.
- 2 Avoid Aggressive Rinsing:** Refrain from vigorous rinsing or using mouthwash for the first day to prevent disrupting your gums.
- 3 Monitor Sensitivity:** If you feel discomfort, use a desensitising toothpaste recommended by your hygienist.

Managing Sensitivity and Discomfort

Mild sensitivity is common but should fade quickly:

- 1 Cold or Warm Foods:** Avoid extreme temperatures (very hot or cold) for the rest of the day to minimise sensitivity.
- 2 Pain Relief:** If needed, take over-the-counter paracetamol or ibuprofen as directed, but consult us if pain persists.

Gum Care: If gums feel tender, rinse gently with warm salt water (1/2 teaspoon salt in a glass of warm water) after 24 hours.

Oral Hygiene

Maintaining good habits will extend the benefits of your cleaning:

- 1 Regular Brushing:** Brush twice daily with fluoride toothpaste, using a soft brush and circular motions as advised.
- 2 Flossing:** Floss daily to remove food particles, being gentle around recently cleaned areas.
- 3 Avoid Staining:** Limit tea, coffee, and tobacco for 48 hours to preserve the polished finish.

Dietary Recommendations

Support your oral health with these dietary tips:

- 1 Soft Foods:** Stick to softer foods like soup or yoghurt for the day if sensitivity persists.
- 2 Avoid Hard Foods:** Steer clear of crunchy or sticky items (e.g., nuts, toffee) to protect your gums.
- 3 Stay Hydrated:** Drink plenty of water to keep your mouth clean, but avoid using a straw initially.

Additional Precautions

Protect your oral health with these measures:

- 1 **No Smoking:** Avoid smoking for at least 48 hours to reduce irritation and staining risk.
- 2 **Limit Alcohol:** Refrain from alcohol for a day, as it can exacerbate sensitivity
- 3 **Regular Visits:** Schedule your next hygiene appointment in 6 months to maintain gum health.

When to Seek Help

Contact us if you notice:

- 1 Persistent bleeding or swelling that doesn't improve after a day.
- 2 Severe pain or sensitivity lasting more than 48 hours.
- 3 Signs of infection, such as fever or pus, which are rare but require attention.

Long-Term Care for Healthy Teeth and Gums

Keep your smile in top shape with these habits:

- 1 **Routine Check-Ups:** Visit your dentist and hygienist every 6 months for exams and cleanings.
- 2 **Oral Hygiene Routine:** Follow the tailored advice from your hygienist, including proper brushing and flossing techniques.
- 3 **Healthy Diet:** Reduce sugary and acidic foods to prevent plaque buildup.

Protecting Your Results

Maximise the benefits of your exam, scale, and polish with these additional steps:

- 1 **Avoid Harmful Habits:** Don't chew on pens, bite your nails, or use your teeth as tools, as these can damage enamel and irritate gums.
- 2 **Mouthguard for Grinding:** If you grind your teeth, ask us about a custom nightguard to protect your enamel and prevent sensitivity.
- 3 **Stay Consistent:** Use interdental brushes or a water flosser, as recommended by your hygienist, to keep hard-to-reach areas clean.

Final Recovery Tips

Regular visits every 6 months will keep your gums and teeth healthy, and we're here to support you with any questions as you enjoy your brighter smile.

Contact Us

Email:

info@seapointclinic.ie

Phone:

01 284 2570

Opening Hours:

- Monday & Friday: 08:00 – 17:00
- Tues, Wed, Thurs: 08:00 – 19:00
- Saturday: 08:00 – 14:00
- Sunday: Closed