

## RECOMENDATION AFTER CLEANING

### Instructions after teeth scaling and sandblasting

1. Not drinking or eating for 1 hour after the cleaning
2. Avoid sour and spicy food and drinks which could cause tooth sensitivity .
3. If you have gums disease/sensitivity, bleeding gums is possible for a few days.
4. If you experience teeth hypersensitivity, apply GC Tooth Mousse or Sensodyne Odbudowa i Ochrona.



**Dentistree**  
KLINIKA STOMATOLOGICZNA

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