

Recommendations after hygienic cleaning

After hygienic cleaning, a slight sensitivity of the teeth may appear when eating, therefore it is necessary to follow the recommendations of a dentist or hygienist.

On the first day after the procedure:

1. Do not eat foods and juices that have a coloring effect (beets, black currants, cherries, carrots, red wine, etc.).
2. Do not eat food that is too cold or too hot.
3. Do not drink coffee, strong black tea, various types of berry teas.
4. Refrain from smoking.
5. When applying special gels or varnishes to teeth after the procedure, do not floss when brushing your teeth.

Thank you for your trust and choice of GMS Dental. If you have any questions, we will be happy to answer them by phone: +7 (495) 781-55-77