

Post Scaling and Polishing Education

After your scaling & polishing,

- You may experience some bleeding, depending on the severity of your gum disease, for up to 24 hours.
- You should NOT keep rinsing your mouth if you experience any bleeding, as this disrupts the blood from clotting properly.

You SHOULD...

- **Brush and floss your teeth** as per normal. However, if you just had a scaling, you may experience some discomfort and/or bleeding when you brush near the gums. You may experience sensitivity to cold after a scaling procedure. To reduce the level of sensitivity, use desensitizing toothpaste for the first few days.
- **Choose soft foods (e.g. porridge, soups, or cereals)** for your next meal. You will be able to return to your normal eating patterns over the next few days.
- Remember to come back regular scaling and polishing sessions as these can help prevent gum disease and other oral health problems.

For your information...

If you experience excessive bleeding (for more than 48 hours), please return during our opening hours or please call NHG Polyclinics Contact Centre at 6355 3000 to consult with the clinic.

Our clinic operates from 8:00am – 1:00pm & 2:00pm – 4:30pm from Mondays to Fridays, 8:00am – 12:30pm on Saturdays.
We are closed on Sunday and Public Holiday.

Last Registration

Mon to Fri : 12:00pm (morning session)
 : 4:00pm (afternoon session)
Sat : 12:00pm

After our clinic operation hours, please approach the Accident and Emergency (A&E) Department of the following institutions:

- Khoo Teck Puat Hospital: 6555 8000
- Singapore General Hospital: 6222 3322
- National University Hospital: 6779 5555