LUSSO

DENTAL

Hygiene and Guided Biofilm Therapy

Before and After Care

LUSSO DENTAL · WEST BYFLEET

54 Station Approach, West Byfleet, Surrey KT14 6NE · lusso.dental

HYGIENE AND GUIDED BIOFILM THERAPY

Your care guide

A professional clean with our hygienist to remove plaque, tartar and staining, using Guided Biofilm Therapy with a warm air, water and fine powder spray, followed by tailored advice for home care.

> Please read this leaflet before your appointment and keep it for afterwards. If anything here is different from what your dentist has told you, follow your dentist's advice.

PREPARING

Before your appointment

- Tell us about any changes to your health or medicines, including blood thinners.
- Let us know if you have asthma or another breathing condition.
- Tell us if you have a heart condition or joint replacement and have been advised about antibiotics.
- Brush and clean between your teeth as normal before you come.
- Bring your usual interdental brushes so we can check the sizes.
- Let us know if your teeth are sensitive, so we can make you more comfortable.

On the day

- Eat and drink normally before your appointment.
- Remove lipstick before the appointment starts.
- We will give you protective glasses to wear.
- Raise your hand at any time if you would like a break.

RECOVERY TIMELINE

After your treatment

WHEN	WHAT TO EXPECT AND DO
First few hours	Your teeth will feel very smooth. Avoid strongly coloured foods and drinks for a few hours if we used stain removal.
First 24 to 48 hours	Gums may be tender or bleed a little when brushing. Keep brushing gently, as this helps them heal.
First week	Sensitivity and tenderness should settle. Use a sensitive toothpaste if needed.
Two weeks	Bleeding should be much less if you are cleaning between your teeth daily.
Ongoing	Keep up your routine and return at the interval we agreed, usually every three to six months.

Please do

- Do brush twice daily for two minutes with fluoride toothpaste.
- Do clean between your teeth every day with the brush sizes we recommended.
- Do spit, do not rinse, after brushing so the fluoride stays on your teeth.
- Do use a sensitive toothpaste if your teeth feel sensitive.
- Do keep your hygiene appointments.

Please avoid

- Do not stop brushing if your gums bleed. Gentle cleaning helps them heal.
- Do not smoke, as it worsens gum disease and staining.
- Do not brush hard or use a very firm brush.
- Do not rely on mouthwash instead of brushing and cleaning between teeth.

WARNING SIGNS

When to contact us

- Contact us if bleeding or tenderness has not improved after a week.
- Contact us if a filling or crown feels loose or rough.
- Contact us if you notice swelling of the gum or face after your visit.
- If you have swelling that affects breathing or swallowing, call 999 or go to A&E. For urgent advice out of hours, call NHS 111.

Need us? Call 01932 507650 or WhatsApp 07835 798 611 in opening hours, or email hello@lusso.dental. Out of hours, call **NHS 111**. If you have difficulty breathing or swallowing, heavy bleeding that will not stop, or swelling spreading to your eye or neck, call **999** or go to A&E.

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Ready when you are

A purpose built private dental wellness clinic opposite West Byfleet station, led by Dr Kal. Implants, cosmetic dentistry, sedation and family care. Opening Q1 2027.

NEW PATIENT OFFER

£1,010 of care for £49

For the first 150 patients to register: a Dental Wellness Assessment with Dr Kal, an advanced 3D scan, Digital Smile Design, a 30 minute hygiene visit and a professional whitening kit with custom trays. £49 is paid when you book and covers your trays.

REGISTER MY INTEREST

lusso.dental/new-patient-offer · Offer terms apply

SCAN TO REGISTER

CALL	WHATSAPP	EMAIL
01932 507650	07835 798 611	hello@lusso.dental

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