

# POST OP DIRECTIONS

## LASER TREATMENT

### AFTER THE PROCEDURE

- Do not be alarmed with any color changes or appearance of gum tissue following laser therapy. Gum tissue can turn gray, yellow, red, blue, purple, and may appear "stringy." This is a normal response to laser treatments.
- Reduce any physical activity for several hours after surgery.
- Do not be alarmed if one of the following occurs: light bleeding, slight swelling, some soreness or tooth sensitivity, or medicinal taste (from Peridex or PerioGuard).
- Do not apply excessive tongue or cheek pressure to the treated area.
- We highly recommend **stopping all tobacco & alcohol use** during the healing process and anytime after that.

### SWELLING

Swelling may occur. To keep this at a minimum, gently place an ice pack on the outside of the face for 20 minutes on and off until you go to bed. Ice pack can be used for the first 48 hours.

### BLEEDING

Light oozing of blood may occur, and will appear to be greatly exaggerated when it dissolves in saliva. Determine the side of oozing and place pressure with a wet tea bag on the area. If you cannot locate the origin of the bleeding, rinse your mouth gently with ice water and apply a wet tea bag to the general area.

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## TOBACCO USE

Tobacco has a significant impact on your gums and the disease affecting them.

Tobacco use is associated with an increased rate of bone and gum loss, which support your teeth, as well as an increase in the space between the gums and teeth.

Tobacco is a major contributor to chronic gum disease.

Any form of smoking or chewing tobacco will negatively affect your healing and may cause the gum disease to reoccur after treatment.

If you smoke or chew tobacco, we strongly recommend avoiding it during healing and beyond.



### BRUSHING

Try to keep your mouth as clean as possible to help the healing process. Only brush and floss the untreated areas of your mouth.

**Do not brush, floss, or use a Waterpik on the treated area for 14 days or as directed by your doctor.**

### RINSING

You may gently rinse your mouth 24 / 48 hours after the day of treatment. Rinse 2 times a day with warm salt water or any type of mouthwash/prescribed mouthwash.

**Avoid spitting for two weeks.**  
**You may resume using a Waterpik one month after the treatment.**



## CALL RIGHT AWAY IF YOU EXPERIENCE

- Prolonged or severe pain that lasts more than 7 days
- Prolonged or excessive bleeding that lasts more than 7 days
- Sores on the roof of your mouth (blisters)
- Considerably elevated or persistent temperature (fever)



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## DIET



You will be on a liquid diet for the first 3 days after treatment, then a diet of "mushy"/soft foods for the following 11 days. A diet of smart food choices for the remainder of the month is recommended. It is very important to maintain good food and fluid intake. Try to eat soft but nutritious foods such as eggs, yogurt, cottage cheese, malts, ice cream, etc., until you can comfortably return to a normal diet.

**No Straws for 2 weeks.**

**Please see more post-op diet information on the last page.**

## SPACES BETWEEN TEETH

"Spaces" between your teeth can result from reduction of inflammation, swelling, and the removal of diseased tissue after the laser treatment. These spaces usually fill in over time, and again, bite adjustment is critical to making sure the teeth and the "papilla" are not traumatized and can regrow.

Do not be alarmed if, beginning two weeks after laser therapy and extending for up to a year or more, your teeth become sore and tender. This occurs as the bone and ligaments around the teeth regenerate and become firmer. It is a sign of healing but may also indicate the presence of a bite imbalance that could require an adjustment.

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# POST OP WARNINGS

## LASER TREATMENT



### CURRENT MEDICATION WARNING

IF YOU HAVE BEEN TAKEN OFF BLOOD THINNERS (COUMADIN, WARFARIN, ETC.), OR IF YOUR CURRENT MEDICATIONS HAVE BEEN ALTERED IN ANY WAY DUE TO YOUR DENTAL SURGERY, YOU MUST CONTACT YOUR PHYSICIAN AS SOON AS POSSIBLE TO DETERMINE IF AND WHEN YOU SHOULD RESUME YOUR MEDICATIONS. DELAYING THIS CALL COULD HAVE POTENTIALLY LIFE-THREATENING OR OTHER SERIOUS CONSEQUENCES.

**I UNDERSTAND THAT I MUST CONTINUE TO TAKE ALL CURRENT MEDICATIONS AS PRESCRIBED BY MY DOCTORS AND MUST CONTINUE TAKING ALL SUPPLEMENTS AND VITAMINS.**

### MEDICATION



If medication has been prescribed, please take it exactly as directed. If prescribed an antibiotic, the entire bottle or prescription should be taken for the stated number of days or weeks. If you are not allergic to Motrin – generic ibuprofen (e.g., Advil, Nuprin) – we will prescribe it to minimize tissue swelling and local inflammation, which is a natural side effect of minor surgery. Ibuprofen is also good for reducing postoperative pain and sensitivity. Ibuprofen is non-narcotic and does not affect your ability to drive. Never place aspirin directly on the tissue of a painful area.

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# POST OP DIET

## LASER TREATMENT

First 3  
Days

**Only** a liquid diet to allow healing. Anything that could be put in a blender to drink is ideal. **Do not** drink through a straw for two weeks. Take daily vitamins.

**Avoid spicy or excessively hot foods during the initial 3-day liquid diet period.**

**When eating, do not chew on the side of your mouth that has been treated.**

Next 4  
Days

Foods with a mushy consistency such as those listed below are recommended.

7-10 Days  
After  
Treatment

Soft foods may be allowed. The time to start on soft foods is dependent upon the loss of the white material that appeared around your teeth following treatment and introduced to you by your doctor. You must leave this material alone until it naturally heals and disappears. Once the white material has disappeared, then soft foods can be introduced.

Soft foods have the consistency of pasta, fish, chicken, or steamed vegetables. You may then gradually add back your regular diet choices.

### MUSHY DIET SUGGESTIONS

- DAILY VITAMINS!
- CREAM OF WHEAT, OATMEAL, MALT-O-MEAL
- MASHED AVOCADO, APPLESAUCE
- MASHED POTATOES/ BAKE POTATOES - OK WITH BUTTER / SOUR CREAM
- MASHED BANANA OR ANY MASHED/BLENDED FRUIT EXCEPT BERRIES WITH SEEDS
- BROTH OR CREAMED SOUP
- MASHED STEAMED VEGETABLES
- MASHED YAMS, BAKED SWEET POTATO, BUTTERNUT SQUASH
- COTTAGE CHEESE, CREAM OR SOFT CHEESE
- CREAMY PEANUT BUTTER **WITHOUT** SOLID PIECES
- EGGS ANY STYLE, WITH OR WITHOUT MELTED CHEESE
- JELL-O, PUDDING, ICE CREAM, YOGURT
- MILK SHAKES/SMOOTHIES - **DO NOT** BLEND WITH BERRIES CONTAINING SEEDS
- ENSURE, SLIMFAST NUTRITIONAL DRINKS

### DO NOT



CHEW GUM, CANDY, COOKIES, CHIPS, NUTS, ANYTHING HARD OR CRUNCHY, ANYTHING THAT HAS SEEDS OR HARD PIECES, MEAT THAT SHREDS AND CAN LODGE UNDER THE GUM AND BETWEEN TEETH, RAW VEGETABLES/ SALAD.

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