

Patient Instructions Following Laser Assisted Periodontal Therapy

1. Do not be alarmed with any color changes or appearance of tissues following laser therapy. The changes are a normal response to laser treatments.
2. It is OK to spit, rinse, and wash your mouth today. Rinse as directed with Peridex or Tooth & Gum Tonic morning and night. As for chewing on the treated side, let comfort be your guide.
3. **DO NOT** Brush or Floss the treated area(s) for 1 week following treatment. Try to keep your mouth as clean as possible in order to help the healing process. Brush, floss and follow other home-care measures in all other areas of your mouth. **DO NOT** use an electric toothbrush for three(3) months after having surgery.
4. Take 3 Advil or 2 Extra Strength Tylenol every 5 hours for the first two days. This is to control inflammation.
5. It is very important to maintain a good food and fluid intake. Try to eat soft foods until you can comfortably return to a normal diet. Do not eat spicy or excessively hot foods.
6. Do not apply excessive tongue or cheek pressure to the treated area(s).
7. Do not be alarmed if one of the following occurs:
 - a. Light bleeding
 - b. Slight swelling
 - c. Some soreness, tenderness, or tooth sensitivity
8. Please call the office if any of the following occurs:
 - a. Prolonged or severe pain
 - b. Prolonged or excessive bleeding
 - c. Considerably elevated or persistent temperature
9. Do not be alarmed that beginning with just 2 weeks after therapy and extending as long as 1 year or more, the teeth may become sore, tender, or sensitive as the bone and ligaments around the teeth regenerate and become more firm. This is just a sign of healing.

