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PERIODONTICS & IMPLANT DENTISTRY

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Laser Periodontal Surgery Post-Op Summary

Do not be alarmed with any color changes or appearance of gum tissue following laser therapy. Do not apply excessive tongue or cheek pressure to the treated area. Do not be alarmed if one of the following occurs: light bleeding, slight swelling, some soreness, tenderness, or tooth sensitivity. If antibiotics are prescribed, they should be taken as directed until finished. Over the counter Ibuprofen or Tylenol can be taken for pain if needed and you are not allergic.

ORAL HYGIENE RESTRICTIONS

Treatment type (staff to check one): ☐**Full Mouth LANAP** ☐**Localized LANAP**

Do not brush, floss, use a Waterpik, or drink through a straw AT ALL for the first 24 hours.

If you received Localized LANAP only: After the first 24 hours, you may gently brush and floss the untreated areas of your mouth only. Do not brush, floss, or disturb the treated area until instructed to do so at your follow-up appointment.

If you received Full Mouth LANAP: Do not brush or floss anywhere in your mouth until instructed to do so at your follow-up appointment.

DIETARY RESTRICTIONS

The first three days following laser treatment follow **only** a liquid-like diet to allow healing. Anything that could be put into a blender to drink is ideal. The purpose of this is to protect the clot that is acting as a "band-aid" between the gums and the teeth. **Do not drink through a straw**, as this creates a vacuum in your mouth that can disturb the "band-aid". **Avoid spicy or excessively hot foods** during the initial 3-day liquid diet period. Starting **four days after treatment** foods with a "mushy" consistency are OK. These should be foods that are extremely soft which take only light chewing to consume. **Starting seven to ten days after treatment**, soft food may be allowable. The time to start on soft foods is dependent upon the loss of the white material that appeared around your teeth following laser treatment. Once the white material has disappeared, then soft foods can be introduced. Soft foods have consistency of pasta, fish, chicken, or steamed vegetables. You may then gradually add back your regular diet choices. **Please remember** that even after ten days, healing is not complete. The first month following treatment you should continue to make smart food choices. Softer foods are better.

For all patients, the following hygiene timeline applies to the treated area(s):

After 24 hours: Gently rinse three times per day for three days with Closys mouth rinse

Day 4: Vigorously rinse three times per day with Closys until your first post op

Day 7 - 10: When the doctor tells you it is ok to do so, begin gently brushing with a soft manual toothbrush only. Continue to avoid flossing and Waterpik.

After Day 14: Begin traditional flossing.

After Day 30: Resume normal brushing with a manual toothbrush and traditional flossing.

After Day 30: You may resume use of an electric toothbrush.

After Week 6: Resume use of Waterpik.