

## **PATIENT INSTRUCTIONS FOLLOWING LASER PERIODONTAL SURGERY**

1. Do not be alarmed with any color changes or appearance of tissues following laser therapy. Tissues can be gray, yellow, red, blue, purple, “stringy” and reflect normal response to laser treatments.
2. Reduce activity for several hours following the surgery.
3. It is OK to spit, rinse, and wash your mouth today, gently. Rinse gently as directed with salt water (1/2 teaspoons of salt dissolved in an 8oz glass of warm water), followed by Listerine rinse morning and night (you can add water to the Listerine if needed). In between it is OK to rinse gently every three (3) hours with salt water or Listerine. Do not chew on the side of your mouth, which has been treated.
4. 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 the areas of your mouth except for the surgical areas. You may begin brushing in the surgical sites in 7 days. You can begin flossing in 10 days. Please do not use an electric toothbrush or water pik in the surgical sites for one month.
5. Do not apply excessive tongue or cheek pressure to the surgical area.
6. Do not be alarmed if one of the following occurs:
  - a. Light bleeding
  - b. Slight swelling
  - c. Some soreness, tenderness, or tooth sensitivity
  - d. Medicinal taste, from chlorhexidine, if prescribed
7. A surgical pack may be placed on the area to prevent food, trauma, and/or smoke from irritating the surgerized tissues. If a piece of the pack falls out or if the entire pack loosens or falls out, do not be alarmed.
8. Swelling may possibly occur. To keep this at a minimum, gently place an ice pack on the outside of the face for 20 minutes each hour until you retire for sleep that night. Do not continue using the ice bag beyond the day of the periodontal surgery.
9. Some 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 on this area. If you cannot locate the origin of the bleeding, rinse your mouth gently with iced water and apply a wet tea bag to the general area. If excessive bleeding continues, please call the office.
10. If medication has been prescribed, please take exactly as directed.
11. Please call the office so that we may render further treatment if any of the following occurs:
  - a. Prolonged or severe pain
  - b. Prolonged or excessive bleeding
  - c. Considerably elevated or persistent temperature.
12. 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 a sign of healing, but also indicates the presence of a bite imbalance that needs to be adjusted.
13. Do not eat spicy or excessively hot foods.

14. It is very important to maintain a good food and fluid intake. Try to eat soft but nutritious food such as eggs, yogurt, cottage cheese, malts, ice cream, etc., until you can comfortably return to a normal diet.

## **Post-laser Diet Instructions**

- **The first week** following Laser Therapy, a liquid-like diet is recommended 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 gum and the teeth. Do **not** drink through a straw, as this creates a vacuum in your mouth that can disturb the “band-aid”. Examples of foods include:

Anything put through a food blender

Cream of wheat, oatmeal, malt o meal

Mashed potatoes or baked potatoes – ok with butter/sour cream

Mashed banana, mashed avocado, applesauce or any mashed/blended fruit(no berries with seeds)

Broth or creamed soup

Mashed steamed vegetables

Mashed yams, baked sweet potato or butternut squash

Cottage cheese, cream or soft cheese

Creamy peanut butter without solid pieces

Eggs any style, with our without melted cheese

Omelets can have cheese and avocado

Jello, pudding, ice cream, yogurt

Mild shake/smoothies – ok to blend with fruit, except no berries with seeds

Ensure, slim fast – nutritional drinks

- **Starting seven to ten days after treatment,**-soft foods are allowable. Soft foods have the 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.

## **DON'T...**

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.

We find that most patients are somewhat apprehensive about their upcoming surgical appointment. Nearly everyone, however, finds the experience much easier than they had imagined. We want you to know that our entire office staff is committed to making your experience as easy and pleasant as possible. If you have any questions or concerns, don't hesitate to contact us at 940-384-7374.