

## Patient instructions following Laser Treatment

1. **You may experience** color changes or appearance of gum tissue following laser therapy. Gum tissue can turn gray, yellow, red, blue, purple, and “stringy” and reflects a normal response to laser treatments.
2. **Do not apply excessive tongue** or cheek pressure to the treated area.
3. **You may experience** one of the following:
  - a. Light bleeding
  - b. Slight swelling
  - c. Some soreness, tenderness, or tooth sensitivity
  - d. Medicinal taste, from Peridex or Perioguard
4. **You may experience swelling.** To keep this at a minimum, gently place an ice pack on the outside of your 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.
5. **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.)
6. **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 temperature (fever)
7. **“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 bite adjustment is critical to making sure the teeth and the “papilla” is not traumatized and can regrow.
8. **If medication has been prescribed**, please take exactly as directed. Antibiotic pills are prescribed. The entire bottle or prescription of antibiotics should be taken for the stated number of days or weeks. If you are not allergic to Motrin Generic Ibuprofen - (eg. Advil, Nuprin), we will most likely prescribe it primarily to minimize tissue swelling, and local inflammation that is a natural side effect of minor surgery. Ibuprofen is also good to reduce post-operative 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.**
9. **Reduce physical activity** for several hours following the surgery to maximize healing.
10. **Keep your mouth as clean as possible** in order to help the healing process. Only brush and floss the untreated area of your mouth. Do not brush or floss the treated area for 7-10 days or as directed by your doctor.
11. **You may spit, and gently rinse** your mouth the day after treatment. Beginning the day after the procedure, begin rinsing your mouth gently 2-3 times a day with **Peridex or Perioguard**.
12. **When eating do not chew** on the side of your mouth that has been treated.
13. **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 and tender 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 may need to be adjusted.

## Post Laser Treatment Diet Instructions

- **The first three days following Laser Therapy**, 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 teeth. Do not drink through a straw, as this creates a vacuum in your mouth that can disturb the “band-aid”. Take daily vitamins.
- **Next four days (days 4-7)** after treatment, foods with a “mushy” consistency such as those listed below are recommended. \*see below. Avoid excessively hot foods for the first week.
- **Starting seven to ten days after treatment**, soft foods 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. You were introduced to this material by your doctor or doctor’s assistant during your follow-up visit immediately following your initial treatment session. It was explained to you that 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.
- **Please remember** that even after ten days, healing is not complete. For the first month following treatment you should continue to make smart food choices. Softer foods are better.

### \*“Mushy” Diet Suggestions

#### DAILY VITAMINS!

Anything put through a food blender

Cream of Wheat, Oatmeal, Malt O Meal

Mashed Avocado, Applesauce

Mashed Potatoes or Baked 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 or Butternut Squash

Cottage Cheese, Cream or Soft Cheese

Eggs any style, with or without melted cheese

Omelets can have cheese and avocado

Jell-O, Pudding, Ice Cream, Yogurt

Milk shake/smoothies - DO NOT blend with berries containing seeds

Ensure, Slim Fast - nutritional drinks

### 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.

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