



## POST-OP PERIODONTAL LASER THERAPY

| DOB:

### LASER PERIODONTAL (GUM) DISEASE THERAPY

#### *Post-Operative Care Instructions*

**Please read carefully and ask questions about any areas that are unclear:**

1. Do not be alarmed with any color changes on or appearance of tissues following laser therapy. Tissues can be gray, yellow, red, blue, or purple and reflect normal response to laser treatments.
2. Reduce activity for 2-3 days following the surgery.
3. It is OK to spit, and wash your mouth today. Rinse as directed with Peridex or Periogard morning and night. In between, it is OK to rinse gently every three (3) hours with warm salt water (1/2 teaspoons of salt dissolved in an 8oz. glass of warm water). Do not chew on the side of your mouth, which has been treated.
4. Do not eat spicy or excessively hot foods.
5. Try to keep your mouth as clean as possible in order to help the healing process. Brush, floss, and follow all home-care measures.
6. Do not apply excessive tongue or cheek pressure to the treated area.
7. Do not be alarmed if one of the following occurs:
  1. Light bleeding.
  2. Slight swelling.
  3. Some soreness, tenderness, or tooth sensitivity.
  4. Medicinal taste, from Peridex or Periogard.
8. The surgical pack may have been placed on the area to prevent food, trauma, and/or smoke from irritating the treated tissues. If a piece of the pack falls out or if the entire pack loosens and falls out, do not be alarmed.
9. 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 go to sleep for the night. Do not continue using the ice pack beyond the day of the periodontal surgery.
10. 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.
11. It is very important to maintain a 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.
12. If medication has been prescribed, please take exactly as directed.
13. Please call the office so that we may render further treatment if any of the following occur:
  1. Prolonged or severe pain.
  2. Prolonged or excessive bleeding.
  3. Considerably elevated or persistent temperature.
14. Do not be alarmed that at the 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 that presence of a bite imbalance that needs to be adjusted.

#### **Home Care Instructions**

Vitamins, dietary supplements, or medication may be prescribed to improve your overall health. Take any prescribed medication according to directions.

#### **Daily Care:**

- No brushing for one week.
- Use the prescribed antibacterial rinse 3 times each day. Swish gently to assure that you do not disturb the clotting.
- In one week, gentle brushing may resume.
- Brush the teeth by placing the bristles of the brush on the gums below the tooth and carefully rolling the bristles toward the tooth surface. Do not stick the bristles into the gums.
- Brush the chewing surfaces of the teeth.
- No flossing for one month.
- When flossing resumes, carefully place the floss between the teeth and avoid pushing the floss under the gums until instructed to do so (at about month 6).

### **Diet Instructions**

**First 3 Days**-Liquids only to allow for healing. Anything that could be put in a blender is ideal. **DO NOT** drink through a straw, as this creates a vacuum that can disturb the clotting “band aid” that we are trying to protect.

**Day 4-7 After Treatment**-foods with a “mushy” consistency are okay (see attached for examples)

**Days 7-10 After Treatment**-Foods with a soft consistency are now allowable, such as pasta, fish, chicken or steamed vegetables. You may begin gradually adding back your regular diet choices.

**Remember: Healing will continue for months, so softer foods will always be better.**

The length of time it takes for the gums to heal depends upon the severity of the disease. Most healing in the surface areas takes 2-4 weeks. Deeper pocket areas may take several months to completely heal.

### **Diet Suggestions for After Surgery:**

- Daily Vitamins
- Anything put through a blender
- Cream of wheat, oatmeal
- Mashed banana, mashed avocado, applesauce
- Mashed potatoes, or baked potatoes with butter or sour cream
- Broth or cream soups
- Mashed steam vegetables
- Mashed yams, baked sweet potato, or butternut squash
- Cottage cheese, cream cheese, or soft cheeses
- Eggs any style, with or without melted cheese
- Omelets can have cheese or avocado
- Jell-O, pudding, ice cream, and yogurt
- Milk shakes and smoothies **BUT AVOID BERRIES WITH SEEDS**
- Ensure, Slim Fast, other nutritional drinks
- Make sure you **DO NOT** use a straw

### **Do Not Eat:**

- Chewing Gum
- Candy
- Cookies
- Chips
- Nuts
- Any foods with seeds
- Raw vegetables or salad
- Meat (the shreds and can lodge under gums and between teeth)

Patient's signature:

Date:

Doctor's signature:

Date: