

LASER THERAPY

POST-OPERATIVE CARE

1. Do not be alarmed by any color changes or the appearance of gum tissue following laser therapy. Gum tissue can turn gray, yellow, red, blue, purple, and even “stringy.” This reflects a normal response to laser treatments.
2. One of the most important results of laser surgery is the healing that occurs following the initial procedure. It is extremely important not to dislodge the tiny clots (scabs) that form in the gums.
3. Do not apply excessive tongue and/or cheek pressure to the treated area.
4. Do not be alarmed if one of the following occurs: light bleeding, slight swelling, some soreness, tenderness, or tooth sensitivity. You may have a medicinal taste, from Peridex use as well.
5. 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.
6. 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.
7. Please call the office so that we may render further treatment if any of the following occurs: Prolonged or severe pain, prolonged or excessive bleeding, considerably elevated/persistent temperature (Fever) and/or sores on the roof of your mouth (Blisters).
8. If medication has been prescribed, please take it exactly as directed. For example, the entire bottle of antibiotics or prescription should be taken for the stated number of days or weeks. If you are not allergic to Motrin – a generic Ibuprofen- (eg. Advil), we will most likely prescribe it primarily to minimize tissue swelling and local inflammation--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.

TURN OVER PLEASE



9. Reduce physical activity for several hours following the surgery to maximize healing.

10. Try to keep your mouth as clean as possible in order to help facilitate the healing process. Only brush and floss the untreated areas 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 of treatment. Rinse your mouth gently 3 times a day with Peridex or other product recommended. In between Peridex rinses, rinse your mouth gently 3 times a day with warm salt water (1/2 teaspoon of salt dissolved in an 8 oz. glass of warm water). For the next several days rinse with both Peridex and salt water as previously mentioned but with vigor.
12. You will be on a diet of “mushy”/soft foods for 4 days, and then a diet of smart food choices for the remainder of the month. 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.
13. Avoid spicy or excessively hot foods during the initial 3-day liquid diet period.
14. When eating do not chew on the side of your mouth which has been treated.
15. 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.
16. “Spaces” between your teeth can result from reduction of inflammation, swelling, and the removal of diseased tissue after the laser gum treatment. These spaces usually fill in over time, and again, bite adjustment is critical to making sure the teeth and the “papilla” (part of the gum tissue) are not traumatized and can regrow.
17. Tobacco has a very large effect on your gums and the disease you have in them. Tobacco is associated with an increased disease rate in terms of loss of the bone and gums that are holding your teeth in, as well as an increase in the space between the gums and teeth. Tobacco is a major factor for gum disease. Any type of smoking and/or chewing tobacco will have an adverse effect on the progress of your healing and may cause gum disease to re-occur after treatment. If you are a smoker or chew tobacco, we highly recommend not to do so while you are healing or any time after that.