



Post Operative Instructions for Laser assisted periodontal therapy

Care of your mouth- rinse with warm salt water (1 teaspoon of salt mixed with 8 oz warm water) for 2 days. Run soft tooth brush under very warm water to soften bristles do a very light gentle brush in area treated for the next few days. Start home care as instructed as soon as tissue starts to feel comfortable. No flossing for 2-3 days after treatment. Absolutely no use of H2O pik during gum therapy.

Discomfort- To ensure comfort you will have been given a local anesthetic prior to your therapy. For this reason you should avoid chewing for 2 hours following the procedure, or until the numbness has completely worn off. Some discomfort after treatment is normal. Ibuprofen or Tylenol is recommended to help with this. Try taking whichever you are able to take, preferably Advil or Motrin 1hour prior to estimated time of anesthetic wearing off.

Eating- Your next meal should consist of soft foods. Avoid any hard foods like chips, popcorn, etc. for the next 3 days as we don't want to disturb any healing taking place.

Swelling- Swelling or jaw stiffness rarely occurs, however if it does, place warm moist towels to the face in the area of any stiffness.

Smoking- Please do not smoke following gum therapy procedures. Tobacco smoke is an irritant to any healing. Refrain from smoking at least 48 hours after treatment was received. If you have thought about quitting, this would be a great time! We can help you.

Your Hygienist, Teresa Sweetland RDH