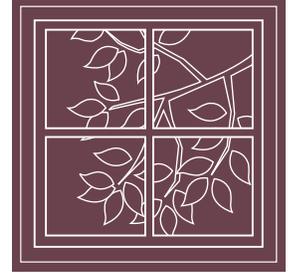


# PATIENT INSTRUCTIONS FOLLOWING LASER PERIODONTAL THERAPY



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1. Do not be alarmed with any color changes or appearance of tissues following laser therapy. Tissues can be gray, white, red, blue, purple or “stringy.”
2. Reduce activity for several hours following surgery.
3. It is OK to gently rinse and spit today. Rinse as directed with Chlorhexidine morning and night. In between it is OK to rinse gently every three (3) hours with warm salt water (1/2 tsp. of salt dissolved in an eight-ounce glass of warm water).
4. Follow your regular home-care measures in all non-lasered areas. For the lasered areas:
  - Use the Ultrasoft brush gently, and Chlorhexidine mouthwash twice a day for the first two weeks.
  - Begin a manual soft brush at two weeks along with floss and/or Proxabrush above the gumline only.
  - Stay on Chlorhexidine for three weeks.
  - It’s OK to start using an electric toothbrush at six weeks.
  - It’s OK to start oral irrigators (i.e. Waterpik) at three months.
5. Do not be alarmed with light bleeding, slight swelling, some soreness, tenderness, tooth sensitivity, or medicinal taste and staining from the Chlorhexidine rinse.
6. Swelling may possibly occur. You may place an ice pack on the outside of the face for 20 minutes each hour. Do not continue using ice beyond the day of the surgery.
7. Some oozing of blood may occur and will appear to be greatly exaggerated when it dissolves in saliva. Determine the site of oozing and place pressure on this area. If you cannot locate the origin of the bleeding, rinse your mouth gently with ice water and apply a wet tea bag to the general area. If excessive bleeding continues, please call the office.
8. It is very important to maintain good food and fluid intake. Try to eat soft but nutritious food until you can comfortably return to a normal diet. Do not eat spicy, acidic or excessively hot foods. Do not chew on the side of your mouth that has been treated.
9. If medication has been prescribed, please take exactly as directed. Instructions for Doxycycline: one tablet twice a day starting the day before the first appointment, then one tablet daily until gone (three weeks). You may use Advil, Aleve, Arnica, or Tylenol as needed.
10. Please call the office if any of the following occurs: prolonged or severe pain; prolonged or excessive bleeding; or considerably elevated or persistent temperature.
11. Do not be alarmed if teeth become sore, tender, or sensitive. This is a sign of healing, but also indicates the presence of a bite imbalance that needs to be adjusted.

*See reverse for additional info*

# Post Laser Periodontal Therapy 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 the teeth. Do not drink through a straw, as this creates a vacuum in your mouth that can disturb the “Band-Aid.” Take daily vitamins.
- **For the next four days after treatment**, we recommend foods with “mushy” consistency such as those listed below.
- **Starting seven to ten days after treatment**, soft foods are allowable. The time to start on soft foods is dependent upon the loss of the white material that appeared around your teeth following LANAP treatment.

Soft foods have the consistency of pasta, fish, chicken or steamed vegetables. You may then gradually add back your regular diet.

**Please remember** that even after two weeks, healing is not complete. 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 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 blended/mashed fruit except berries with seeds
- Broth or creamed soups
- 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 or without melted cheese
- Omelets can have avocado and cheese
- Jell-O, Pudding, Ice Cream, Yogurt
- Milkshake/smoothies — *DO NOT blend with berries containing seeds*
- Ensure, Slim Fast — or other nutritional drinks

## Don't

- Don't chew gum
- Don't eat anything hard or crunchy, or anything that has seeds or hard pieces, such as candy, cookies, chips, nuts, raw vegetables or salads
- Avoid meat that shreds and can lodge under the gum and between teeth