

HOME CARE INSTRUCTIONS

After Localized Laser Treatment

1. Vitamins, dietary supplements, or medications may be prescribed to improve your overall health. Take any prescribed medication according to directions.
2. Dental laser procedures result in little or no discomfort following surgery. Take prescribed pain medications according to instructions if needed.
3. Carefully avoid chewing food in the areas of the mouth where the laser has been used. 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.
4. Daily Care:
 - ◆ Use the prescribed rinse for 1 month (3 times a day). Peridex OR 1 teaspoon Clorox bleach in ½ cup water (do not swallow).
 - ◆ Rinse with warm salt water 3-4 times per day for 10 days.
 - ◆ After 10 days 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. During the first day drink liquids only. A liquid dietary supplement may be recommended.
 - ◆ When flossing, carefully place the floss between the teeth and avoid pushing the floss under the gums until instructed to do so.
 - ◆ During the ten days, eat only soft foods. Do not chew where the surgery was performed.
5. 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.
 - a. Soft diet for 10 days.
 - b. No brushing in treated area for 10 days.
 - c. Only gentle, above-the-gums flossing in treated area for 1 month.
 - d. Use mouth rinse for 1 month.
 - e. Resume normal diet after 10 days.
 - f. Resume normal brushing and flossing after 1 month.
 - g. Resume water pick and electric toothbrush use only after 3 months.

SPECIAL INSTRUCTIONS:

Smokers/Tobacco Users Warning

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 chronic gum disease.

Any type of smoking and/or chewing tobacco will have an adverse effect on the progress of your healing and may cause the 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 anytime after that.