

PATIENT INSTRUCTIONS FOLLOWING LASER PERIODONTAL (GUM) DISEASE THERAPY (LPT™)

1. Do not be alarmed with any color changes or appearance of tissues following laser therapy. Tissues can be gray, yellow, red, blue, purple, “stringy” and reflect normal response to laser treatments.
2. Reduce activity for several hours following the surgery.
3. It is OK to spit, rinse, 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 other home-care measures in all the areas of your mouth except for the surgerized area.
6. Do not apply excessive tongue or cheek pressure to the surgerized area.
7. Do not be alarmed if one of the following occurs:
 - a. Light bleeding
 - b. Slight swelling
 - c. Some soreness, tenderness, or tooth sensitivity
 - d. Medicinal taste, from Peridex or Periogard
8. The surgical pack is placed on the area to prevent food, trauma, and/or smoke from irritating the surgerized tissues. If a piece of the pack falls out or if the entire pack loosens or 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 retire for sleep that night. Do not continue using the ice bag 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 food 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 occurs:
 - a. Prolonged or severe pain
 - b. Prolonged or excessive bleeding
 - c. Considerably elevated or persistent temperature.
14. 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 needs to be adjusted.
15. “Spaces” between your teeth can result from reduction of inflammation, swelling, and the removal of diseased tissue after the LANAP treatment. These spaces usually fill in over time, and again, bite adjustment is critical to making sure the teeth and the “papilla” is not traumatized and can regrow.

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POST-OP INSTRUCTIONS FOR LASER THERAPY

2 WEEKS AFTER LASER THERAPY:

1. You may begin chewing on the side where the laser therapy was done, but only SOFT foods. DO NOT chew meat on this side. Meat can get stringy when chewed and get lodged in between the teeth. You CANNOT floss yet.
2. You may begin modified tooth brushing in the area where the laser therapy was done. You may ONLY brush the chewing surface of the tooth. DO NOT brush at the gum line!
3. Only a SOFT toothbrush may be used throughout your mouth during the first year. Electric toothbrushes work well, but are a little too aggressive during your healing phase. You will eventually again be able to return to the use of your electric toothbrush, if desired.
4. Continue rinsing with Peridex (Cholorhexadine) as originally instructed for 2 more weeks.

1 MONTH AFTER LASER THERAPY:

1. Stop the Peridex rinse.
2. Modified tooth brushing and flossing as instructed may be started. You may brush the area where laser therapy was done, gently placing the toothbrush just ABOVE the gum line and sweeping UPWARD and also continuing to brush the chewing surface of the teeth. DO NOT brush the gum line. You do not want to irritate the tissue in any way. You may begin flossing GENTLY, only above the gum line. DO NOT let the floss go below the gum line.
3. As part of your treatment, you will be scheduled to have your teeth polished to remove any stain that may be on your teeth, since the Peridex can stain your teeth.

***In order to assure the success of your Laser Periodontal Therapy, it is essential for you to have your Periodontal Maintenance Recalls (3 month cleaning recalls) performed at our office for the first year. We want to make sure that after your time, effort, cost and desire for good Periodontal health, every effort is made to make this happen. The success of your treatment is our primary concern!*

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