

LASER Periodontal Therapy: Post-Operative Instructions

- Anti-bacterial rinses and antibiotic medications may be prescribed for you. Take any prescribed medications according to directions.
- Reduce physical activity for several hours following surgery. You may resume normal exercise after the first 3-4 days.
- Periodontal laser procedures usually result in mild discomfort following surgery (tenderness). It is a normal part of the healing process.
- For the first 24 hour period immediately following surgery, take the prescribed ibuprofen every 6 hours, as directed even if you do not have any pain. It is an anti-inflammatory medication that will help with healing.
- 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.
- Do not apply excessive tongue or cheek pressure to the surgery area.
- Do not be alarmed if one of the following occurs:
 - Light bleeding
 - Slight swelling
 - Some soreness, tenderness, or tooth sensitivity
 - Medicinal taste, from Peridex or Periogard
- Please call the office if you are experiencing any of the following signs - and symptoms:
 - Prolonged or severe pain
 - Prolonged or excessive bleeding
 - Considerably elevated or persistent temperature (fever)
- **Oral Hygiene Instructions: Do not brush or floss for the first 10 days** following surgery. Also, be careful to avoid chewing food in the areas of the mouth where the laser has been used for at least 10 days following surgery. One of the most important results of laser surgery is the blood clots that form following surgery. It is extremely important not to dislodge the tiny clots that form in and around the gums.
- **First 10 days:** Rinse as directed with the prescribed Peridex or Periogard twice a day (morning and night). In between, it is OK to rinse gently every three (3) hours with warm salt water (1/2 teaspoon of salt dissolved in an 8oz. glass of warm water).

- **Day #10 after laser therapy:** Start gentle brushing, and flossing up to the gum line to remove food debris. Be careful to not brush against the gums. Focus only on the teeth. Continue to use the prescribed mouthrinse until day #14.
- **2 weeks after laser therapy:** You will have a follow-up appointment to check on the healing. You no longer need to use the prescription mouthrinse. It is recommended that you now switch to an over-the-counter mouthrinse, twice a day, such as **Listerine Zero**, or **Crest ProHealth**. We may need to refine and adjust your bite more at his appointment.
- **4 weeks after laser therapy:** We will polish your teeth and check oral hygiene. Continue gentle brushing twice a day and flossing up to the gum line once a day. Continue to use an over-the-counter mouthrinse, such as Listerine Zero, or Crest ProHealth twice a day.
- **8 weeks after laser therapy:** You may start using an electric toothbrush, gently. You may start flossing gently below the gum line now. You may also start using interproximal brushes to clean in-between your teeth.
- **3 months after laser therapy:** You will have a periodontal cleaning
- **6 months after laser therapy:** You will have a periodontal cleaning with a re-evaluation (Sometimes we may wait until 9 months), also known as a periodic oral evaluation (POE). At this point we will either send you back to your general dentist or begin an alternating recall/cleaning schedule every 3 – 4 months with your general dentist.
- Do not be alarmed that beginning within two weeks after therapy and extending as long as one year or more, the teeth may become sore, tender, or sensitive as the bone and ligaments around the teeth regenerate and become more firm. This is a sign of healing, but may also indicate the presence of a bite imbalance that may need to be adjusted.

If you have any questions or concerns, please don't hesitate to call us!

Sincerely,

Dr. Michael Nguyen DDS MS, and staff.