

PATIENT INSTRUCTIONS FOLLOWING LASER PERIODONTAL THERAPY

1. Reduce activity for several hours following the surgery.
2. 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 3 hours with warm salt water (1/2 teaspoons of salt dissolved in an 8 ounce glass of warm water). Do not chew on the side of your mouth which has been treated.
3. Do not apply excessive tongue or cheek pressure to the surgerized area.
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 be alarmed if one of the following occurs:
 - a. Light bleeding
 - b. Slight swelling
 - c. Some soreness, tenderness, or tooth sensitivity
7. The surgical packing that is sometimes used is place 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.
8. Swelling may possibly occur. To keep this to a minimum, gently place an ice pack on the outside of your face for 20 minutes each hour until you retire for sleep that night. Do not continue using the ice bag beyond the day of periodontal surgery.
9. Some oozing of blood may occur and will appear to be greatly exaggerated when it dissolves in saliva. Determine the site of the oozing and apply pressure in 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.
10. 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.
11. If medication has been prescribed, please take it as directed.
12. 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
13. Do not be alarmed that, beginning with just 2 weeks after therapy, and extending as long as 1 year or more, the teeth that were loose 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 can indicate the presence of a bite imbalance that needs to be adjusted.