

## PATIENT INSTRUCTIONS FOLLOWING LASER PERIODONTAL THERAPY

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 Perioguard morning and night. In between, it is OK to rinse gently every 3 hours with warm salt water. Do not chew on the sides of your mouth that have 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. You may brush and floss in areas of your mouth that we DID NOT do surgery.

**DO NOT BRUSH AND FLOSS THE SURGICAL AREA FOR 2 WEEKS AFTER THE LAST SURGICAL VISIT! Only RINSE!**

6. Do not apply excessive tongue or cheek pressure to the surgical area.
7. Do not be alarmed if you notice any of the following:
  - Light bleeding
  - Slight swelling
  - Some soreness, tenderness, or tooth sensitivity
  - Medicinal taste from mouth rinse.
8. Swelling may possibly occur. You may place ice on the outside of your face for 20 minutes each hour. Do not use an ice pack after the first day.
9. Some oozing of blood may occur. You may place pressure on these areas with a wet tea bag. If you feel you are having excessive bleeding, 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, ice cream, etc., until you can comfortably return to a normal diet.
11. If medications have been prescribed, take exactly as directed.
12. Do not be alarmed if your teeth become sore, tender, or sensitive as the bone and ligaments around the teeth regenerate. This is a sign of healing, but also indicates the presence of a bite imbalance that needs to be adjusted.

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 gum 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.

Next four days after treatment, foods with a mushy consistency such as those listed below are recommended.

Starting seven to ten days after treatment, mushy, soft foods are allowable. Soft foods have the consistency of pasta, fish, chicken or steamed vegetables. You may then gradually add back your regular diet choices.

Please remember that even after ten days, 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 food blender

Cream of wheat, oatmeal, malt o meal

Mashed potatoes or baked potatoes ok with butter/ sour cream

Mashed banana, mashed avocado, applesauce, or any mashed/ blended fruit except berries with seeds

Broth or creamed soup

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, may add cheese and/or avocado

Jell-O pudding, ice cream, yogurt

Milk shake, smoothies ok to blend to fruit except no berries w/ seeds

Ensure, Slim-Fast, any nutritional drinks

**\*DON'T\***

Chew gum, candy, cookies, chips, nuts, anything hard or crunchy, anything that has seeds or hard pieces, meat that shreds and can lodge under the gum and between teeth, raw vegetables / salad.