

POST SURGICAL INSTRUCTIONS: LASER THERAPY

The proper care following Laser Therapy will help prevent complications. **DO NOT RINSE YOUR MOUTH TODAY.** Starting tomorrow, GENTLY rinse your mouth every three to four hours, especially after meals, using the prescribed mouth rinse and/or warm salt water.

REST: After your surgery, we strongly recommend that you return home and relax. You may go back to work the next day, but please wait several days before resuming strenuous exercise or activities.

MEDICATION: If medication has been prescribed, please take exactly as directed. Antibiotic pills are prescribed. The entire bottle or prescription should be taken for the stated number of days or weeks.

ORAL HYGIENE: Try to keep your mouth as clean as possible to help the healing process. Only brush and floss the untreated areas of your mouth. Do not brush or floss the treated area for 2 weeks.

BLEEDING: Following Laser Therapy, some bleeding is to be expected. If persistent bleeding occurs, place a moist gauze pad over the surgical site and bite down firmly for 30 minutes and repeat, as necessary. A moistened-caffeinated tea bag is also useful-- Moisten a tea bag and apply pressure for 30 minutes until bleeding subsides. If after 30 minutes, the bleeding has not lessened, please call Dr. Cavallari at 757-412-0235.

SWELLING: You may experience slight swelling for several days after the procedure. Use an Ice pack for the first 24 hours, 30 min on 30 min off. After the first 48 hours, switching to moist heat is recommended.

- Do not be alarmed with any color changes or appearance of gum tissue following laser therapy. Gum tissue can turn gray, yellow, red, blue, purple, and “stringy” and reflects a normal response to laser treatments.
- “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.

FOOD: Good nutrition is important to speed your recovery. After surgery, please follow directions given to you in the laser packet. Please avoid drinking through a straw and smoking of any kind, as these activities cause negative suction, which can loosen clots vital to healing.

QUESTIONS: This information is provided to help you understand what to expect. **If you have questions, or concerns, please feel free to contact Dr. Cavallari by calling 757-412-0235**

We want to work with you to make your surgical experience a pleasant one and to get you back to your regular routine as soon as possible.