

POST-OPERATIVE INSTRUCTIONS

For LASER Periodontal Surgery

ON THE DAY OF TREATMENT

- There may be some color or appearance changes of tissue following laser therapy. Do Not Be Alarmed.
- No RINSING, BRUSHING, or FLOSSING.
- Some swelling of the tissue may occur. To keep this at a minimum, gently place an icepack on the outside of the face for 20min. each hour until you retire for bed.

ON THE DAY(s) FOLLOWING TREATMENT

- Rinse with Chlorhexidine (Peridex/Periogard) twice daily until bottle is empty. This rinse is very important as the healing process begins.
- No BRUSHING or FLOSSING of surgical sites for 7-10 days after treatment.
- Rinse your mouth with warm salt water (1/2tsp salt and 8oz warm water) three to four times a day for a week, **starting the day after treatment**. NOTE: You can never do too many rinses.

DIET

It is VERY important to maintain a good food and fluid intake. A liquid/soft diet will help protect the clot that is formed around the tooth that acts as a bandage between the gums and teeth.

You CAN eat soft and tender foods like

- mashed potatoes, soups, tender vegetables, yogurt, eggs, ice cream, oatmeal, etc.

DO NOT eat hard crunchy foods like

- chips, nuts, salads, raw vegetables, gum/candy, cookies, anything with seeds, and stringy meats, etc.

Also, chew on side AWAY from surgical sites.

BLEEDING

Some oozing of blood may occur; this is normal. Keep in mind the amount of blood may appear to be GREATLY EXAGGERATED since it is dissolved in saliva.

PRESCRIPTION MEDICATION

You will have prescription medication and it is important that you take all medicine as directed and until finished.

PROBLEMS OR OTHER QUESTIONS

If you have any problems or questions, please feel free to contact Sherrye or Courtney during office hours at (662) 842-2448 . After hours, Dr. Robertson may be reached at (662) 871-8313