

## **PRE-OPERATIVE INSTRUCTIONS**

### **For LASER Periodontal Surgery**

#### **HEMOCARE AND FOLLOW-UP**

After the laser treatment, your homecare is VERY IMPORTANT!!!! We will make certain recommendations regarding your homecare.

WE CAN NOT STRESS ENOUGH THE IMPORTANCE OF GOOD DAILY HYGIENE HABITS!!

In addition, we will continue to schedule 3 month maintenance appointments. By continuing this partnership, we will help you treat and maintain this serious disease. Our goal is to assist you with obtaining the best care for your mouth and to preserve good overall health.

#### **MEDICATIONS**

Please take all of your medications as normal, unless you were instructed otherwise.

#### **EATING PRIOR TO SURGERY**

We encourage you to eat a good meal prior to your surgery appointment, because you may be numb for 1-2 hours after.

#### **EATING AFTER SURGERY**

Diet suggestions following your surgery:

Soup	Eggs (any style)	Oatmeal
Mashed/baked potatoes	Mac-n-cheese	Steamed veggies
Yogurt/ice cream/pudding/jello	Ensure	

Foods to avoid:

Gum/ candy	Cookies	Raw vegetables/salads	Stringy meats
Nuts	Chips	Anything with seeds	

The purpose of liquid/soft diet, is to protect the clot that is formed around the tooth that acts as a "BandAid" between the gums and teeth.

#### **DENTAL LASER SURGERY EFFECTS**

Dental Laser procedures result in little or no discomfort following surgery. It is our desire to keep you comfortable, so take prescribed pain medication according to instructions if needed. The time it takes for gums to heal depends on the severity of the disease. It may not be uncommon for you to have tenderness and soreness for several days.

#### **PURPOSE OF LASER PERIODONTAL TREATMENT (LPT)**

Periodontal Disease is a chronic infection. There is no cure for periodontal disease but the goal of LPT therapy is to reverse some of the affects of the disease and to help you maintain a healthy mouth.

#### **QUESTIONS**

If you have any questions about the upcoming surgery, or the recovery process, please ask the staff of North Mississippi Periodontics and Implant Dentistry.