

LASER Post-Operative Instructions:

PATIENT INSTRUCTIONS FOLLOWING LASER PERIODONTAL THERAPY

You have just received a revolutionary new treatment for periodontal disease. While no cutting or stitches are involved, there are still some important post-operative instructions that you should follow:

- If you have any pain or excessive bleeding following your treatment, please contact our office at 412-833-5110. Normally, some discomfort is to be expected, but is usually managed well with the anti-inflammatory medication that was prescribed for you. Some slight bleeding is also normal, but should be minimal. Severe pain or excessive bleeding are NOT normal and should be addressed immediately.
- Do not be alarmed by any color changes or appearance of tissues following laser therapy. Tissues can be gray, yellow, red, blue, purple or "stringy" and reflect normal response to laser treatments.
- Reduce activity for several hours following treatment. Take it easy and let your body recover before resuming your normal activities.
- Rinse your mouth lightly with diluted mouthwash for the first 2 weeks after surgery after every meal. A very soft, semi-liquid diet is recommended for the first two weeks after surgery. Avoid spicy or excessively hot foods for the first week.
- 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 treated areas.
- Do NOT apply excessive tongue or cheek pressure to the treated areas. Some swelling may occur. To keep this to a minimum, gently place an ice pack on the outside of your face on the treated side for 20 minutes each hour until you go to bed tonight. Do not continue using the ice bag tomorrow.
- It is very important to maintain a good food and fluid intake. Try to eat soft but nutritious foods, such as eggs, yogurt, cottage cheese, malts, ice cream, etc., until you can comfortably return to a normal diet.
- The anti-inflammatory medication that was prescribed is important in the initial healing phase. It also can be used to control any discomfort that you may experience. Stronger pain medication is usually not needed.
- Do not be alarmed that, beginning with just two weeks after therapy and extending as long as on year or more, the teeth may become sore, tender, or sensitive as the bone and ligaments around the teeth regenerate and become more stable. This is a sign of healing, but also may indicate the presence of a bite imbalance that needs to be adjusted. This is why we will regularly check your bite and make small adjustments as needed to prevent damaging interferences as you chew.
- The progress of your healing will be evaluated regularly. Usually you will be seen a week after your treatment, then again two weeks after that. Normally you will then be seen on a three-month basis for the maintenance and any necessary adjustments to your bite. We will also be monitoring your oral hygiene and helping you identify problem areas you may have.

As always, if you have any questions regarding your treatment or your progress, call our office at 412-833-5110, after hours 412-559-1601. Working together, we can help you keep your teeth for a life time!