

## **PATIENT INSTRUCTIONS: POST-LASER PERIODONTAL THERAPY (LPT™)**

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. Apply the medicated mouth rinse with a Q-tip to the teeth and gums in the treated areas both in the morning and before going to sleep at night. In between it is OK to rinse gently every three (3) hours with warm salt water (1/2 teaspoon of salt dissolved in an 8oz. Glass of warm water). Do not chew on the side of your mouth, which has been treated.
4. Do not eat spicy, acidic, or excessively hot foods.
5. Try to keep your mouth as clean as possible in order to help the healing process. DO NOT brush or floss the treated areas for the first two weeks after surgery. Brush, floss, and follow other home-care measures in all the areas of your mouth EXCEPT for the surgerized area.
6. Do not be alarmed if one of the following occurs:
  - a. Light bleeding
  - b. Slight swelling
  - c. Some soreness, tenderness, or tooth sensitivity
  - d. Medicinal taste, from Peridex or Periogard
7. A surgical dressing may be placed on the treated area to protect the tissue. If a piece of the packing falls out or if the entire pack loosens or falls out, do not be alarmed.
8. Swelling may possibly occur. To keep this at a minimum, gently place an ice pack on the outside of the face for 20 minutes each hour until you retire for sleep that night. Do not continue using the ice bag beyond the day of the periodontal surgery.
9. Some oozing of blood may occur. Determine the side of oozing and place pressure on this area. If you cannot locate the origin of the bleeding, rinse your mouth gently with iced water and apply a wet tea bag to the general area. If excessive bleeding continues, please call the office.
10. Consume a liquid diet the first day after treatment. Try to eat soft but nutritious food such as eggs, yogurt, and cottage cheese for the first week after treatment. Ice cream or shakes may feel soothing, but DO NOT drink through a straw.
11. Maintain your comfort by taking your pain medications ( ), especially the first three days. A narcotic analgesic may have been prescribed, but Dr. Ross recommends the use of ALEVE (naproxen), if you are able, before trying the narcotic. ALEVE should be used as follows: 1<sup>st</sup> day: 1 tablet ASAP, 2<sup>nd</sup> tablet 3 hours later, 3<sup>rd</sup> tablet 6 hours after 1<sup>st</sup> one; subsequent days take as directed on bottle.
12. Please call Dr. Ross if any of the following occurs:
  - a. Prolonged or severe pain
  - b. Prolonged or excessive bleeding
  - c. Considerably elevated or persistent temperature.
13. Do not be alarmed that beginning with just 2 weeks after therapy and extending as long as 1 year or more, the teeth may become sore, tender, or sensitive as the bone and ligaments around the teeth regenerate and become firmer. This is a sign of healing, but may indicate the presence of a bite imbalance that needs to be adjusted.