

## POST OP DIRECTIONS

# Laser Treatment

## AFTER THE PROCEDURE

- 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.
- REDUCE PHYSICAL ACTIVITY FOR SEVERAL HOURS AFTER SURGERY
- DO NOT BE ALARMED IF ONE OF THE FOLLOWING OCCURS: LIGHT BLEEDING, SLIGHT SWELLING, SOME SORNESS OR TOOTH SENSITIVITY, OR MEDICINAL TASTE (FROM PERIDEX OR PERIOGUARD)
- DO NOT APPLY EXCESSIVE TONGUE OR CHEECK PRESSURE TO THE TREATED AREA
- WE HIGHLY RECOMMEND TO **STOP ALL TOBACCO USE** DURING THE HEALING PROCESS AND ANYTIME AFTER THAT.

## SWELLING

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 GO TO BED THAT NIGHT. DO NOT CONTINUE USING THE ICE PACK BEYOND THE DAY OF YOUR SURGERY.

## BLEEDING

SOME OOZING OF BLOOD MAY OCCUR AND WILL APPEAR TO BE GREATLY EXAGGERATED WHEN IT DISSOLVES IN SALIVA. 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.

### **Prestige Dental Specialists**

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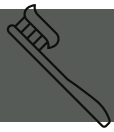
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## MEDICATION

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. IF YOU ARE NOT ALLERGIC TO MOTRIN - GENERIC IBUPROFEN- (E.G., ADVIL, NUPRIN), WE WILL MOST LIKELY PRESCRIBE IT PRIMARILY TO MINIMIZE TISSUE SWELLING AND LOCAL INFLAMMATION THAT IS A NATURAL SIDE EFFECT OF MINOR SURGERY. IBUPROFEN IS ALSO GOOD TO REDUCE POSTOPERATIVE PAIN AND SENSITIVITY. IBUPROFEN IS NON-NARCOTIC AND DOES NOT AFFECT YOUR ABILITY TO DRIVE. NEVER PLACE ASPIRIN DIRECTLY ON THE TISSUE OF A PAINFUL AREA.



## BRUSHING

TRY TO KEEP YOUR MOUTH AS CLEAN AS POSSIBLE IN ORDER TO HELP THE HEALING PROCESS. ONLY BRUSH AND FLOSS THE UNTREATED AREA OF YOUR MOUTH.

**DO NOT BRUSH OR FLOSS OR USING WATERPIK THE TREATED AREA FOR 14 DAYS OR AS DIRECTED BY YOUR DOCTOR.**

## RINSING

YOU MAY GENTLY RINSE YOUR MOUTH THE DAY OF TREATMENT. RINSE YOUR MOUTH GENTLY 3 TIMES A DAY WITH WARM WATER AND SALT OR ANY KIND OF MOUTHWASH.

**YOU MAY RESUME USING WATERPIK ONE MONTH AFTER THE TREATMENT.**

## CALL RIGHT AWAY IF YOU EXPERIENCE...



PROLONGED OR SEVERE PAIN

PROLONGED OR EXCESSIVE BLEEDING

SORES ON THE ROOF OF YOUR MOUTH (BLISTERS)

CONSIDERABLY ELEVATED OR PERSISTENT TEMPERATURE (FEVER)

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## DIET

YOU WILL BE ON A LIQUID DIET FOR 3 DAYS, THEN A DIET OF “MUSHY”/SOFT FOODS FOR 4 DAYS, AND THEN A DIET OF SMART FOOD CHOICES FOR THE REMAINDER OF THE MONTH. IT IS VERY IMPORTANT TO MAINTAIN A GOOD FOOD AND FLUID INTAKE. TRY TO EAT SOFT BUT NUTRITIOUS FOOD SUCH AS EGGS, YOGURT, COTTAGE CHEESE, MALTS, ICE CREAM, ETC., UNTIL YOU CAN COMFORTABLY RETURN TO A NORMAL DIET.

AVOID SPICY OR EXCESSIVELY HOT FOODS DURING THE INITIAL 3-DAY LIQUID DIET PERIOD.

**WHEN EATING DO NOT CHEW ON THE SIDE OF YOUR MOUTH WHICH HAS BEEN TREATED.**

## SPACES BETWEEN TEETH

“SPACES” BETWEEN YOUR TEETH CAN RESULT FROM REDUCTION OF INFLAMMATION, SWELLING, AND THE REMOVAL OF DISEASED TISSUE AFTER THE LASER TREATMENT. THESE SPACES USUALLY FILL IN OVER TIME, AND AGAIN, BITE ADJUSTMENT IS CRITICAL TO MAKING SURE THE TEETH AND THE “PAPILLA” ARE NOT TRAUMATIZED AND CAN REGROW.

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 AND TENDER AS THE BONE AND LIGAMENTS AROUND THE TEETH REGENERATE AND BECOME MORE FIRM. THIS IS A SIGN OF HEALING, BUT ALSO INDICATES THE PRESENCE OF A BITE IMBALANCE THAT MAY NEED TO BE ADJUSTED.

IF YOU HAVE BEEN TAKEN OFF BLOOD THINNERS (COUMADIN, WARFARIN, ETC), OR IF YOUR CURRENT MEDICATIONS AHVE BEEN ALTERED AT ALL DUE TO YOUR DENTAL SURGERY, YOU MUST CONTACT YOUR PHYSICIAN ASAP TO DETERMINE IF AND WHEN YOU SHOULD RESUME YOUR MEDICINES. DELAYING THIS CALL COULD HAVE POTENTIAL LIFE-THREATENING OR OTHER SERIOUS CONSEQUENCES.



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POST OP WARNINGS  
**Laser Treatment**



**CURRENT MEDICATION WARNING**

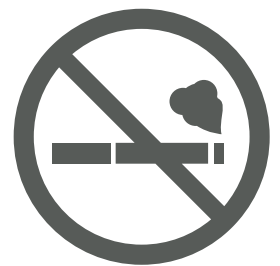
IF YOU HAVE BEEN TAKEN OFF BLOOD THINNERS (COUMADIN, WARFARIN, ETC), OR IF YOUR CURRENT MEDICATIONS HAVE BEEN ALTERED AT ALL DUE TO YOUR DENTAL SURGERY, YOU MUST CONTACT YOUR PHYSICIAN ASAP TO DETERMINE IF AND WHEN YOU SHOULD RESUME YOUR MEDICINES. DELAYING THIS CALL COULD HAVE POTENTIAL LIFE-THREATENING OR OTHER SERIOUS CONSEQUENCES.

**I AGREE I MUST CONTINUE TO TAKE ALL CURRENT MEDICATIONS AS PRESCRIBED BY MY DOCTOR(S) AND MUST CONTINUE TO TAKE ALL SUPPLEMENTS AND VITAMINS.**

**TOBACCO USE**

TOBACCO HAS A VERY LARGE EFFECT ON YOUR GUMS AND THE DISEASE YOU HAVE IN THEM. TOBACCO IS ASSOCIATED WITH AN INCREASED DISEASE RATE IN TERMS OF LOSS OF THE BONE AND GUMS THAT ARE HOLDING YOUR TEETH IN, AS WELL AS AN INCREASE IN THE SPACE BETWEEN THE GUMS AND TEETH. TOBACCO IS A MAJOR FACTOR FOR CHRONIC GUM DISEASE.

ANY TYPE OF SMOKING AND/OR CHEWING TOBACCO WILL HAVE AN ADVERSE EFFECT ON THE PROGRESS OF YOUR HEALING AND MAY CAUSE THE GUM DISEASE TO REOCCUR AFTER TREATMENT. IF YOU SMOKE OR CHEW TOBACCO WE HIGHLY RECOMMEND NOT TO DO SO WHILE YOU ARE HEALING OR ANYTIME AFTER THAT.



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## POST OP DIET

# Laser Treatment

first 3  
days

**Only** a liquid-like diet to allow healing. Anything that could be put in a blender to drink is ideal. **Do not** drink through a straw. Take daily vitamins.

next 4  
days

Foods with a mushy consistency such as those listed below are recommended.

7-10 days  
after  
treatment

Soft foods may be allowable. The time to start on soft foods is dependent upon the loss of the white material that appeared around your teeth following treatment and introduced to you by your doctor. You must leave this material alone until it naturally heals and disappears. Once the white material has disappeared, then soft foods can be introduced. Soft foods have the consistency of pasta, fish, chicken, or steamed vegetables. You may then gradually add back your regular diet choices.

### MUSHY DIET SUGGESTIONS

- DAILY VITAMINS!
- CREAM OF WHEAT, OATMEAL, MALT-O-MEAL
- MASHED AVOCADO, APPLESAUCE
- MASHED POTATOES/BAKED POTATOES - OK WITH BUTTER/SOUR CREAM
- MASHED BANANA OR ANY MASHED/BLENDED FRUIT EXCEPT BERRIES WITH SEEDS
- BROTH OR CREAMED SOUP
- MASHED STEAMED VEGETABLES
- MASHED YAMS, BAKED SWEET POTATO, BUTTERNUT SQUASH
- COTTAGE CHEESE, CREAM OR SOFT CHEESE
- CREAMY PEANUT BUTTER WITHOUT SOLID PIECES
- EGGS ANY STYLE, WITH OR WITHOUT MELTED CHEESE
- JELL-O, PUDDING, ICE CREAM, YOGURT
- MILK SHAKES/SMOOTHIES - DO NOT BLEND WITH BERRIES CONTAINING SEEDS
- ENSURE, SLIMFAST NUTRITIONAL DRINKS

### DO NOT

CHEW GUM, CANDY,  
COOKIES, CHIPS, NUTS,  
ANYTHING HARD OR  
CRUNCHY, ANYTHING  
THAT HAS SEEDS OR  
HARD PIECES, MEAT  
THAT SHREDS AND CAN  
LODGE UNDER THE GUM  
AND BETWEEN TEETH,  
RAW  
VEGETABLES/SALAD.