



NATURAL AND COSMETIC  
DENTISTRY  
*Beate A Carlson DDS and Associates*

## **Post LASER Surgery Instructions**

*1825 Sunset Point Rd. Clearwater, FL 33765*

*Call the office at - 727-888-6523*

### **1. MEDICATIONS**

- Take all prescribed medications according to instructions:

Antibiotic:

Pain medication:

- Patients are usually given 600mg of Ibuprofen following the surgery. Three (3) hours later you will begin taking Naprosyn, a long acting anti-inflammatory, every 12 hours. If needed, you can supplement with 500mg of extra-strength Tylenol every 6 hours. These medications will help minimize tissue swelling and local inflammation. They are non-narcotic and they will not affect your ability to drive.

### **2. EATING**

- **Do not chew on the side of your mouth which has been treated for one week.** One of the most important results of the laser surgery is the blood clots that form following surgery. It is extremely important not to dislodge the tiny clots that form in and around the gum tissue.
- **For the first 3 days** after Laser Therapy, follow only a **liquid-like diet** to allow healing. The purpose of this is to protect the clot that is acting as a “band-aid” between the gum and the teeth.
  - Anything that can be put into a blender is ideal
  - Do NOT drink through a straw - it creates a vacuum in your mouth that can disturb the “band-aid”
  - Take daily vitamins
- **From day 4 following surgery through the next 6 weeks**, only eat foods with a “mushy” or soft consistency (see list below). After 6 weeks you may then add back you regular diet choices.
- **It is important to maintain good fluid intake during this period.**

#### **Mushy Diet Suggestions**

- Anything put through a blender
- Cream of wheat, oatmeal
- Mashed or baked potatoes – ok with butter and sour cream
- Mashed fruit (banana, avocado, applesauce, etc)  
**except berries with seeds**
- Broth or creamed soup
- Mashed steamed vegetables
- Mashed yams or butternut squash
- Cottage, cream or soft cheese
- Creamy peanut butter without solid pieces
- Eggs any style – ok with cheese
- Jell-o, pudding, ice cream, yogurt
- Milk shakes and smoothies – ok with fruit except berries or any fruit with seeds
- Ensure, Slim-fast, etc.
- Pasta or noodles (no rice)
- Chicken or fish

**For 6-8 weeks following surgery, DO NOT EAT** candy, cookies, chips, nuts, raw vegetables, salads, anything hard or crunchy or anything with seeds or hard pieces, including meat that shreds and can lodge under the gum and between teeth. Stay away from spicy foods. **DO NOT CHEW GUM.**

### **3. GENERAL HOME CARE**

- Go home and rest after leaving the office
- Reduce physical activity for several hours following surgery
- Apply ice to the affected cheek for 20 minutes on and off until you go to bed tonight to keep swelling at a minimum. Do not continue using ice after the first day.
- Take any prescribed medication and apply anti-microbial rinses according to directions.
- Do not apply excessive tongue or cheek pressure to the surgery area for three (3) days.

### **4. BRUSHING & FLOSSING**

- **DO NOT BRUSH OR FLOSS** in the treated area for 14 days after the procedure.
- Wait until the day following surgery to brush non-treated teeth. It is important to keep your mouth as clean as possible in order to help the healing process. You may brush, floss and follow other home care measures in all the other areas of your mouth except for the surgery area.
- You may gently spit, rinse and wash your mouth beginning the day following surgery. Rinse as directed with Natural Dentist “Healthy Gums” rinse or Periodex/Perioguard morning and night. In between, it is okay to rinse gently every three (3) hours with warm salt water (1/2 teaspoon of salt dissolved in 8oz of warm water).

### **5. OTHER SURGERY INFORMATION**

- **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.
- **Do not be alarmed** if any of the following occurs:
  - Light bleeding
  - Slight swelling
  - Some soreness, tenderness or tooth sensitivity
  - Medicinal taste, from Periodex or Perioguard
- **Do not be alarmed** that beginning within two (2) weeks after laser therapy and extending as long as one year or more, the teeth may become sore, tender, or sensitive as the bone and ligaments around the teeth regenerate and become more firm. This is a sign of healing, but may also indicate the presence of a bite imbalance that may need to be adjusted.
- **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.
- “Spaces” between your teeth can result from reduction of inflammation, swelling, and the removal of diseased tissue after LANAP® treatment. These spaces usually fill in over time, and again, bite adjustment is critical to making sure the teeth and the “papilla” is not traumatized and can regrow.

**SMOKERS/TOBACCO USERS:** Any type of smoking or chewing tobacco will have an adverse effect on the progress of your healing and may cause the gum disease to re-occur after treatment. If you are a smoker or you chew tobacco we highly recommend not to do so while you are healing or anytime after that.

#### **If you are experiencing any of the following signs and symptoms:**

- Prolonged or severe pain
- Prolonged or excessive bleeding
- Considerably elevated or persistent temperature

**Call the office at 727-888-6523 (Monday - Thursday: 9am - 5pm)**