



Post-Op Packet

Patient instructions following LAR™ and LANAP® Treatment

1. Do not be alarmed with any color changes or appearance of gum tissue following laser therapy. Gum tissue can turn gray, white, yellow, red, blue, purple, and “stringy” and reflects a normal response to laser treatments.
2. Do not apply excessive tongue or cheek pressure to the treated area.
3. Do not be alarmed if one of the following occurs:
 - a. Light bleeding
 - b. Slight swelling
 - c. Some soreness, tenderness, or tooth sensitivity
4. 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.
5. 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 area for 20 minutes.
6. Please call the office so that we may render further treatment if any of the following occurs:
 - a. Prolonged or severe pain, other than sensitivity
 - b. Prolonged or excessive bleeding, not controlled with tea bag described above
 - c. Considerably elevated or persistent temperature (Fever)
7. If medication has been prescribed, please take exactly as directed. The entire bottle or prescription of antibiotics should be taken for the stated number of days or weeks. Ibuprofen (e.g., Motrin, Advil, Nuprin), will most likely be prescribed primarily to minimize *tissue swelling* and *local inflammation* that is a natural side effect of 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.
8. Reduce physical activity for 7 days following the surgery to maximize healing.
9. 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 the treated area for 14 days or as directed by your doctor.**



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10. You may spit gently, but do not rinse your mouth the day of treatment. Begin rinsing your mouth gently 3 times a day with StellaLife® the day following treatment. In between those rinses, rinse your mouth gently 3 times a day with warm salt water (1/2 teaspoon of salt dissolved in an 8 oz. glass of warm water). For the next several days rinse with both StellaLife® and salt water as previously mentioned but with more vigor.
11. You will be on a liquid diet for 7 days, then a diet of “mushy”/soft foods for 7 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. Please refer to the Post Laser Treatment Diet Instructions (on the next page).
12. Avoid spicy or excessively hot foods during the initial 7-day liquid diet period.
13. If you have an untreated side, keep mushy foods to that side of your mouth in week 2
14. 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.
15. “Spaces” between your teeth may result from reduction of inflammation, swelling, and the removal of diseased tissue after the laser treatment. This is normal. In some circumstances these spaces may fill in over time; bite adjustment is critical to making sure the teeth and the “papilla” are not traumatized and can regrow.
16. **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 telephone 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.**

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Post Treatment Diet Instructions

- **The first week** following Laser Therapy, follow **only** a liquid-like diet to allow healing. Anything that could be put into a blender to drink is ideal. The purpose of this is to protect the clot that is acting as a “band-aid” between the gums and the teeth. Do **not** drink through a straw, as this creates a vacuum in your mouth that can disturb the “band-aid”. Take daily vitamins.
- **The second week**, foods with a “mushy” consistency such as those listed below are required (see below).
Starting 14-21 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 laser treatment. You will be introduced to this material by your doctor or doctor’s assistant during your initial post-up visit following your treatment. 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.
- **Please remember** that even after 14 days, healing is not complete. The first month following treatment you should continue to make smart food choices. Softer foods are better.

***“Mushy” Diet Suggestions**

Anything pureed through a food blender (add daily vitamins)
Cream of Wheat, Oatmeal, Malt-O-Meal
Mashed Avocado, Applesauce
Mashed Potatoes or 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, or Butternut Squash
Cottage Cheese, Cream or Soft Cheese
Creamy Peanut Butter without solid pieces
Eggs any style, with or without melted cheese
Omelets can have cheese and avocado
Jell-O, Pudding, Ice Cream, Yogurt
Milk Shakes/Smoothies – DO NOT blend with berries containing seeds
Ensure, Slimfast nutritional drinks

DON’ T

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.



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Current Medication Warning

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Smokers/Tobacco Users Warning

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 any time after that.