

PATIENT INSTRUCTIONS FOLLOWING LASER PERIODONTAL (GUM) DISEASE 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 surgery.
3. It’s OK to spit, rinse, and wash your mouth today. Rinse gently as directed every three (3) hours with warm salt water (1/2 teaspoon of salt dissolved in 8 oz. glass of warm water). Do not chew on the side of your mouth that has been treated. Do not swish, instead roll head side to side. If whole has been treated, stay on a liquid, soft diet.
4. Do not eat spicy or excessively hot foods.
5. 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 you mouth except for the surgerized area. No brushing for 7 days. No flossing for 14 days. No electric toothbrush for 3 months.
6. Do not apply excessive tongue or cheek pressure to the surgerized areas.
7. Do not be alarmed in the following occurs:
 - a. Light bleeding
 - b. Slight swelling
 - c. Some soreness, tenderness, or tooth sensitivity
8. Swelling may possibly occur. To keep this at a minimum, gently place an icepack 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 and will appear to be greatly exaggerated when it mixes with saliva. Determine the site 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 (regular) to the general area. If excessive bleeding continues, please call the office.
10. 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.
11. If medication has been prescribed, please take it exactly as directed.
12. Please call the office so that we may render further treatment 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 within 2 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 more firm. This is a sign of healing, but also indicates the likely presence of a bite imbalance that needs to be adjusted.