HOME CARE INSTRUCTIONS FOR LASER PERIODONTAL SURGERY

1. **Care of Mouth:** Do not rinse until bedtime the day of the surgery. Rinse gently. Rinse daily after breakfast and before bedtime with the mouth rinse you are given at your surgery appointment for two weeks. Use Fluoride Toothpaste at bedtime after rinsing with mouth rinse. Spit it out but **do not** rinse with water. Wait at least 30 minutes before eating or drinking following fluoride. If you would like to rinse more often, a warm salt water rinse can be used. Areas of the mouth that have not been treated can be brushed and flossed as usual. After 1 week, brushing on surgical areas can resume with a soft brush, but please stay away from the gum line for 2 full weeks. Areas that have been treated should not be flossed for two weeks from your surgery date. Do not use any water-pic or irrigating device until after your first cleaning following surgery (usually 6 weeks).

2. **Diet:** Adequate nutrition is essential for normal healing. A high protein diet is desirable. While lips and tongue are numb, do not bite them. Carefully avoid chewing food in the areas of the mouth where the laser has been used. One of the most important results of laser surgery is the healing that occurs following the initial procedure. It is extremely important not to dislodge the tiny clots (scabs) that form around the teeth. A softer diet is recommended for the first week following surgery. **Do not use a straw** for two weeks following your surgery.

3. **Pain:** Discomfort may be present when surgery has been extensive. In order to keep postoperative swelling to a minimum, ice packs should be applied to the outside of the face at the area of the surgery 3–4 hours (20 minutes on, 20 minutes off). Avoid clenching or gritting your teeth after periodontal surgery, as pressure on the teeth will cause pain.

   *When surgery has been extensive some amount of swelling is expected. Using the ice pack is very effective in reducing the possibility of swelling. The day after surgery, warm salt water rinses and a warm moist heat pad applied to the side of the face are helpful if there is any swelling.*

   *Sit up in bed or prop head up with 2 or 3 pillows for 3-4 days while resting/sleeping. Laying down flat will cause your gums to throb.*

   **Moderate Pain:** Use your usual headache remedy.

   **Severe Pain:** Use prescription pain medication as directed.

   *Do not drive an automobile or work near dangerous machinery after taking prescribed pain medication.*

4. **Exercise:** Avoid physical exertion for 3 – 4 days.

5. **Antibiotics:** If antibiotics are prescribed, take them as directed until all have been taken. Antibiotics taken by mouth may cause some stomach upset. Continue to take the antibiotics unless this becomes severe. If a rash or any type of allergic response should occur while taking antibiotics, discontinue taking them and call the doctor.

6. **Bleeding:** A small amount of bleeding is normal for several hours following your surgery. One drop of blood will discolor saliva to a light red color.

   **Note:** If you have uncontrolled bleeding, discomfort, rash, or questions, please call:

   During Office Hours -- Office Phone 661-1234 ❖❖❖ After Hours -- Dr. Maddux’s Cell Phone 908-1276