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**POST OP INSTRUCTIONS FOLLOWING LASER PERIODONTAL (GUM) DISEASE THERAPY (LPT™)**

*\*Do not be alarmed with any color changes or appearance of tissues following laser therapy. Tissues can be grey, yellow, red, blue, purple, "stringy," and reflect normal response to laser treatments\**

1. Reduce activity for several hours following the surgery.
1. **Day 2 – It is OK to spit, rinse, and wash your mouth today.** Rinse as directed with Hydrogen Peroxide, morning and night. In between, it is OK to rinse gently every 3 hours with warm salt water (½ teaspoons of salt dissolved in an 8 oz. glass of warm water).
2. Do not chew on the side of your mouth which has been treated.
3. Do not eat spicy or excessively hot foods.
4. 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 areas of your mouth, EXCEPT for the area of surgery.
5. Do not apply excessive tongue or cheek pressure to the area of surgery.
6. Do not be alarmed if one of the following occurs:
  - a. Light bleeding **\*\*\*NO ELECTRIC TOOTHBRUSH**
  - b. Slight swelling
  - c. Some soreness, tenderness, or tooth sensitivity
7. Sometimes, the surgical pack is placed on the area to prevent food, trauma, and/or smoke from irritating the surgicized tissues. If a piece of the pack falls out, or if the entire pack loosens or falls out, do not be alarmed.
8. Swelling may 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.
9. Some oozing of blood may occur and will appear to be greatly exaggerated when it dissolves in saliva. Determine the site of oozing and place pressure on the area around the tooth where the bleeding occurs. If you cannot locate the origin of the bleeding, rinse your mouth gently with iced water one time and apply a wet tea bag 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 exactly as directed.
12. Post-op complications with this procedure are very rare. Please call if you experience any of the following:
  - a. Prolonged or severe pain
  - b. Prolonged or excessive bleeding
  - c. Considerably elevated or persistent temperature.
13. Beginning 2 weeks after the laser therapy and extending for a few months, the teeth may be a little sore, tender, or sensitive as the bone and ligaments around the teeth regenerate and become more firm. This is sign of healing, but also indicates the presence of a bite imbalance that needs to be adjusted.
14. 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. The tiny clots (scabs) under the gum need to stay in place as this is where the new bone comes from.

**SPECIAL INSTRUCTIONS (MEDICATIONS)**

Amoxicillin 400mg, Cephalexin, Doxycycline, or Clindamycin – 1 tablet three times a day until gone.

Ibuprofen – 400mg 1 tablet three times a day for three days and then as needed for pain. DO NOT take if on Coumadin, Plavix, Eliquis, or any other blood thinner. Hydrogen Peroxide – Rinse 2 times a day until 1st post op appointment.