

Laser-assisted Periodontal Surgery Post-Operative Instructions

General Precautions: 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 that beginning within two weeks after 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 firmer. This is a sign of healing, but may also indicate the presence of a bite imbalance that may need to be adjusted.

DO NOT apply excessive tongue or cheek pressure to the surgery area.

Oral Hygiene: 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 your mouth **except for the surgery area**. Anti-microbial rinses and antibiotic medications may be prescribed for you. Take any prescribed medications according to directions. It is OK to gently spit or rinse your mouth today. Rinse as directed with Stellalife mouthwash once in the morning and once at night. In between, you can rinse gently every three (3) hours with warm salt water (1/2 teaspoon of salt dissolved in an 8oz. glass of warm water). **Do not** brush the treated teeth for one full week. After one week, you may gently brush the teeth with a soft toothbrush. **Do not** floss the treated teeth for two full weeks.

Exercise: Reduce physical activity for several hours following surgery. Limit vigorous exercise for 72 hours, as this will increase blood pressure and may cause more bleeding.

Discomfort: Periodontal laser procedures usually result in little or no discomfort following surgery. Take prescribed Motrin (Ibuprofen) as directed and any other prescribed pain medication as needed.

Diet: Carefully avoid chewing food in the areas of the mouth where the laser has been used, for at least one week following surgery. One of the most important aspects of laser surgery is the blood clots that form around the teeth following surgery. Because it is extremely important not to dislodge the tiny clots that form in and around the teeth and gums, we ask that for **the first 72 hours (3days) immediately following surgery to stay on a liquid diet only**. After three days a soft diet is recommended. Try to eat soft but nutritious foods such as eggs, yogurt, cottage cheese, malts, ice cream, etc. Stay away from spicy and acidic foods. It is also important to maintain good fluid intake during this period.

Please call the office at (925) 283-8101 if you are experiencing any of the following signs and symptoms:

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

EMERGENCIES: If it is after hours and you need to speak with Dr. Richert, please call **(831) 688-1975** and the answering service will connect you.



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