

LASER THERAPY POST-OP INSTRUCTIONS

Please read instructions and follow post op care exactly as recommended. It is vital to proper healing and attempting to attain desired results.

Diet: Liquid to soft foods are required for the first 3 days. Examples are tomato soup, cream of mushroom, celery or any “cream of” soups, mashed potatoes, avocados, bananas, Jell-O, applesauce, protein shakes, ensure, oatmeal, cottage cheese, eggs, and yogurt with NO seeds. For example avoid berries such as raspberries, blueberries, blackberries and strawberries since these have small seeds that can get stuck between your teeth. After 3 days, firmer foods such as pasta, fish, and steamed veggies are ok. No gum, seeds, nuts, chips, popcorn, sticky or hard candy for 1 month. Any grains that can be lodged in gum tissue should be avoided for 1 month. Anything you can cut with a fork is acceptable. No alcohol and no carbonated drinks for 2 weeks.

Oral Hygiene: You will be prescribed an oral rinse that will replace brushing of treated areas for 1 week. Start the mouth rinse the following morning after your procedure. Gently bathe treated areas with rinse 2 times per day after breakfast and before bedtime. DO NOT swish hard, let the rinse sit in area and gently move your head around, open and let the rinse fall into the sink. DO NOT SPIT. After 1 week use a soft child’s tooth brush with the prescription rinse.. Please continue to brush untreated areas, wait until the following day resume brushing untreated areas. DO NOT use any other mouth rinses unless instructed. DO NOT FLOSS, OR USE ANY SORT OF TOOTH PICKING TOOLS. If you have an electric tooth brush please do not use for 1 month as it can hurt the treated areas. When you do go back to your regular brushing at one month make sure it is a NEW tooth brush so germs on your old brush don’t transfer back to your teeth.

Activity: For the first 3 days after treatment please limit activity. No heavy lifting, running, or strenuous activities. Heavy activity or movement increases heart rate which creates more swelling, bleeding and pain. After 3 days you can resume normal exercise and activities.

Pain Management: In order to control pain, swelling must be managed. Take 600mg Ibuprofen every 6 hours for the first three days. After day three take ibuprofen only as needed. You will be prescribed a pain killer as well. This pain medication is a narcotic and can make you sleepy. Please do not drive if you need to take this medication. You may take Ibuprofen and the pain med together. Ice outside of face with ice pack or a bag of frozen veggies in intervals of 20min on face, 20 min off face for the first 2 days.

Other: No straws or spitting for 1 week, no smoking for at the very least the first 3 days (marijuana or tobacco).

Note: The clot starts off red but may turn a whitish color. This is not food please do not pick or pull.. If the clot becomes loose please do not pull out, ignore or gently push back in. Removing the clot will compromise your results. When the clot is left alone to disappear on its own your results will be much better. Potentially some of the clot may become gum tissue so again it is important to protect the clot following the instructions above.