

LASER THERAPY POST-OP INSTRUCTIONS

Diet: Liquid to soft foods are required for the first 3 days. Please make sure all foods are low in sugar, check all labels. As a guideline keep each meal to 10 grams or below. Examples of foods are tomato soup, any “cream of” soups, mashed potatoes, avocados, low sugar Jell-O, no sugar added applesauce, protein shakes (be sure to look at sugar servings on these - store bought ones tend to have a lot of sugar added), ensure, oatmeal, cottage cheese, eggs, and plain yogurt (flavored yogurts tend to have a lot of added sugar). **AVOID** 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, soft ground meat, and steamed veggies are ok. No gum, seeds, nuts, tough meats, chips, popcorn, sticky or hard candy for 1 month. Any grains that can be lodged in gum tissue should be avoided for 1 month. As a guideline food you can cut easily 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 for 30 seconds (do not rinse longer) after breakfast and before bedtime. **DO NOT** swish, 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 toothbrush with the prescription rinse or toothpaste. If applicable, please, brush untreated areas as usual. **DO NOT** use any other mouth rinses unless instructed. **DO NOT FLOSS OR USE ANY SORT OF TOOTH PICKING TOOLS FOR ONE MONTH.** After 1 month of healing, it is **important** to start flossing but wait until 2 months of healing have passed to begin using a waterpik or other picking tools. If you have an electric toothbrush, please do not use for 1 month as it can disturb the treated areas. When you do go back to your regular brushing, make sure it is a **NEW toothbrush/brush head** so germs on your old brush do not transfer back to your teeth. In other words, please throw away old tools.

Activity: For the first 3 days after treatment please limit activity. No heavy lifting, running, or strenuous activities. Heavy activity or movement can increase discomfort and slow healing. It would be ok to go for a short to moderate walk. **After** 3 days you can resume normal exercise and activities.

Comfort Management: For discomfort you may take 600mg Ibuprofen every 6 hours. It is recommended for the first three days to take ibuprofen to help with inflammation even if you do not have any discomfort. If you cannot take ibuprofen you may take 500 mg of acetaminophen (Tylenol) instead.

Other: No spitting for 1 week. No straw for 2 weeks. No smoking for the first 2 weeks at least (cannabis or tobacco). Minimize cell phone usage as much as possible for at least 2 weeks. If needed, use headphones or the speaker function to keep the phone from your ear to reduce the EMFs transmitted to your jaw and head.

Note: The clot starts off red but may turn a whitish color. If you see this do not pick or pull at it. If the clot becomes loose please do not pull out, ignore or gently push it 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.