

## Home Care Instructions After Laser Treatment

- DO NOT brush or floss where surgery was performed for 14 days following laser treatment. *After 14 days*, light brushing with a SOFT tooth brush is permitted.
- NO wiping or ANY contact with gums for the first 48 hours. *After 48 hours*, gentle wiping with tooth wipes is permitted.
- During the first 24 hours following surgery, only a liquid diet is permitted, NO CHEWING. A liquid dietary supplement may be recommended. *After the first 24 hours*, eat only soft foods, carefully avoiding chewing food in the areas of the mouth where the most recent surgery was performed. 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 on the gums.**
- Vitamins, dietary supplements, or medications may be prescribed to improve your overall health. Take any prescribed medication according to directions.

### ○ Daily Care

- **After 14 days**, carefully brush the chewing surface of teeth. Brush the sides of teeth by placing the bristles of the brush on the gums below the tooth and carefully rolling the bristles toward the chewing surface. **DO NOT STICK THE BRISTLES INTO THE GUMS!**
- When flossing, carefully place the floss between the teeth and avoid pushing the floss under the gums until directed to do so.

### ○ Prescriptions

- Amoxicillin 500 mg, take three times daily for 7 days
- Ibuprofen 800 mg; take 3 times daily for 7 days if needed
- Chlorahexadine Rinse; use 2-3 times daily for 14 days

The length of time it takes for the gums to heal depends on the severity of the disease. Most healing in the surface areas takes 2-4 weeks. Deeper pockets may take several months to completely heal. Laser dental procedures result in little or no discomfort following surgery. Take prescribed pain medications according to instructions *if needed*.