

## Patient Instructions Following Laser Periodontal Disease

1. Reduce activity for 48 hours following surgery.
2. **Do not spit or rinse your mouth today.** After 24 hours, rinse very gently with Peridex or Periogard, 2-3 times a day. In between that time it is fine to rinse very gently every 3 hours with warm salt water (1/2 teaspoon of salt dissolved in an 8oz. glass of warm water).
3. **Do not brush or floss** the surgical area for the first 3 weeks following the procedure.
4. Try to keep your mouth as clean as possible in order to aid in the healing process and minimize the risk of infection. Brush, floss, and follow other home-care measures in all areas of your mouth except the surgical area.
5. **Do not chew** on the side of your mouth which has been treated.
6. If you are a smoker, refrain from smoking for at least **three days**.
7. Do not be alarmed if one of the following occurs:
  - A. Light bleeding
  - B. Slight swelling
  - C. Soreness or tenderness
  - D. Medicinal taste from Peridex or Periogard
  - E. Any colour changes (it is normal to have a white border at the gumline of the surgical area) (**Do not touch it**)
8. To reduce swelling, gently place an ice pack on the outside of the face for 20 minutes each hour until you retire for sleep for that night. **Do not continue using an ice pack after the day of the surgery.**
9. Some bleeding may occur and will appear to be greatly exaggerated when it resolves in saliva. To slow the bleeding, put pressure on the area. If you can not locate to origin of the bleeding, rinse your mouth gently with iced water and apply a bag full of cool water to the general area. If excessive bleeding continues, please call the office.
10. Carefully avoid chewing food in the areas of the mouth where the laser has been used. One of the most important steps of laser surgery is the healing that occurs following the initial procedure.
11. It is important to monitor food and fluid intake. Try to eat soft but nutritious food such as eggs, yogurt, cottage cheese, malts, ice cream, etc., until you feel that you can start eating a regular diet again.
12. If medication has been prescribed, please **take them exactly as directed**.
13. Please call the office so that we may refer further treatment if any of the following occurs:
  - A. Prolonged or severe pain
  - B. Prolonged or excessive bleeding
  - C. Considerably elevated or persistent temperature

