

Laser Gum Rejuvenation Post-Operative Instructions

1. Do not be alarmed with any color changes or appearance of gum tissue following laser therapy.
2. Do not apply excessive tongue or cheek pressure to the treated areas.
3. Do not be alarmed if one of the following occurs: light bleeding, slight swelling, some soreness.
4. Swelling may possibly occur. To keep this at a minimum, gently place an ice pack on the outside of the face for 20 minutes each hour during the day of surgery.
5. Please call the office so that we may assist if any of the following occurs: prolonged or severe pain, excessive bleeding, excessive swelling.
6. If medication has been prescribed, take exactly as directed. Ibuprofen, such as Advil, is a good choice to control pain and inflammation.
7. Use your prescribed mouth wash two times a day starting the day after surgery. Do this for 2 weeks. In between these rinses, rinse with warm sea salt water once a day for two weeks. Dissolve 1/2 teaspoon sea salt in 8oz. warm water.
8. Limit physical activity the day of surgery.
9. Try to keep the mouth as clean as possible in order to help the healing process. Only brush and floss the untreated areas of your mouth. Do not brush the laser areas for two weeks.
10. You will be on a liquid diet for 3 days after surgery, then a diet of very soft foods for 4 days. It is important to stay on a softer diet the entire month after surgery. Avoid spicy, crunchy, or excessively hot foods.
11. Do not be alarmed that beginning just 2 weeks after therapy and extending as long as one year or more, the teeth may become sore and tender as the bone and ligaments around the teeth regenerate and become firmer. This is a sign of healing, but can also indicate a bite imbalance that may need to be adjusted.
12. Spaces between your teeth can result from reduction of inflammation, swelling, and the removal of diseased tissue after laser treatment. These spaces usually fill in over time, and again, bite adjustment is critical to making sure the teeth and gums can heal properly.
13. Smoking, diabetes, and auto immune disorders can negatively affect healing. Try to keep these under control to ensure optimal healing.
14. Clenching and grinding negatively affect healing. Try to control this. We can make you a bite guard to help with this.

It is our sincere desire that you are as comfortable as possible following surgery. If you should have any questions or problems, please call our office for anything at 503-646-2273.