

## Lampee Laser Gum Rejuvenation Post-Operative Care and Instructions

### Treatment Sequence Overview:

- LANAP procedure (day one)
- 2 week post-op check, bite adjustment if needed
- 3 month periodontal maintenance (no measurements, no under the gum cleaning)
- 9 month periodontal maintenance (x-rays and measurements re-established)

*\*SRP, splinting of mobile teeth, and/or a bite guard may be needed before or after treatment*

### Post-Operative Care:

**Bleeding:** Any potential bleeding is controlled before you leave the office. However, minor oozing may continue for several hours after laser treatment. Some blood in your saliva is expected, especially when the numbness wears off. Keep your head slightly elevated by sleeping with two pillows the night after surgery. You may want to place a towel over your pillow to help with any drooling in the night. If you feel the bleeding is excessive or continues the next day, please call our office. **Avoid forceful coughing, strenuous exercise, smoking, drinking through a straw, or spitting following surgery for 3 days.**

**Swelling:** Slight swelling is to be expected, peaking at about 48-72 hours after treatment. Ice held over the area (10-15 minutes on, 10-15 minutes off) on the day of treatment and the day following treatment may help reduce swelling. **If a fever accompanies your swelling, please call our office.**

**Pain or Discomfort:** You may be given Norco, or a similar narcotic, to help with pain management. You may take one (1) tablet every four (4) to six (6) hours only if needed, they may make you dizzy or drowsy. If you are taking these medications, do not drive or operate dangerous equipment. Refrain from anything that might endanger yourself or anyone else. An alternative to taking a narcotic would be to take your headache medication of choice, such as ibuprofen or acetaminophen. Many people find these medications to be sufficient enough for pain management. **If you experience a rash or itching, nausea, shortness of breath or difficulty breathing, stop taking the medication and call our office immediately.**

**Activity and Lifestyle:** For the remainder of the day and following day, take it easy and do not do anything that requires physical exertion. Do not apply excessive tongue or cheek pressure to the treated areas. Clenching and grinding negatively affect healing, so please try to control this. Diabetes, smoking, smokeless tobacco, and auto immune disorders can also negatively affect healing. Try to keep these under control to ensure optimal healing.

**Healing:** Healing occurs at an individual's own rate and is affected by outside influences such as smoking or failure to follow the specifics of the post-operative care instructions. Do not be alarmed with any color changes or appearance of gum tissue following laser therapy. 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. Spaces between your teeth can result from reduction of inflammation, swelling, and the removal of diseased tissue after laser treatment. Bite adjustment is critical to making sure the teeth and gums can heal properly. It may cause you to need new crowns or fillings.

### Oral Hygiene:

- First two weeks: Apply AO Gel and rinse with prescribed chlorhexidine rinse and warm salt water ONLY. (NO brushing/flossing).
  1. AO Gel – use 1-2 pumps of gel spread evenly over treated areas 3-5x daily.
  2. Rinse with ½ oz. of chlorhexidine rinse for 1-2 minutes and then spit out. Do not eat, drink, rinse, or smoke for at least one (1) hour after to avoid extremely bitter taste. Do this 2x daily. This may temporarily stain your teeth. We will polish this off at your 3 month periodontal maintenance.

3. Rinse with warm salt water as needed in between using the chlorhexidine rinse and AO gel. ½ tsp sea salt (or table salt if sea salt is not available) with 4 oz warm water.
  4. Continue to use both the gel and the rinse until your post-op appt where we will advise you on when to discontinue.
- Weeks 2-6: Brush your teeth only (DO NOT touch the gums, no flossing).
  - Weeks 6-forward: Normal brushing and flossing.
  - After 2 months: Mechanical/Electric toothbrushes can be used.
  - After 3 months: Waterpiks (oral irrigators) can be used.

**Diet:**

- Days 1-3: Liquid diet only (bone broth, protein drinks, smoothies, foods put through a blender or food processor)
- Days 4-7: Mushy diet (liquid diet plus: eggs, pudding, mashed potatoes, applesauce, bananas, jell-o, ice cream, oatmeal, cream of wheat, cottage cheese, steamed mashed veggies)
- Days 8-13: Soft Food Diet (mushy diet plus: pastas, fish, ground meat, canned fruit, pancakes)
- Days 14-30: Continue smart food choices

*\* Avoid seeds, nuts, or anything with a sharp edge like chips. Avoid anything that can get lodged under the gum line or between the teeth like shredded meats, jerky, popcorn, or salad.*

**If you have any questions concerning your progress, please do not hesitate to call our office.**

