
HOME CARE INSTRUCTIONS After Laser Treatment

1. Vitamins, dietary supplements, or medications may be prescribed to improve your overall health. Take any prescribed medication according to directions.
2. Dental laser procedures result in little or no discomfort following surgery. Take prescribed pain medications according to instructions if needed.
3. Carefully avoid chewing food in the areas of the mouth where the laser has been used. 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 in the gums.
4. The length of time it takes for the gums to heal depends upon the severity of the disease. Most healing in the surface areas takes 2 – 4 weeks. Deeper pocket areas may take several months to completely heal.
 - a. **Soft Diet until:** Ten days
 - b. **Gentle brushing until:** Ten days
 - c. **Gentle flossing until:** one month
 - d. **Resume normal diet:** after 10-14 days
 - e. **Resume normal brushing:** after 10-14 days
 - f. **Resume normal flossing:** after one month
5. Daily Care (following the time-line from above):
 - Brush the teeth by placing the bristles of the brush on the gums below the tooth and carefully rolling the bristles toward the tooth surface. Do not stick the bristles into the gums.
 - Brush the chewing surfaces of the teeth. During the first day drink liquids only. A liquid dietary supplement may be recommended.
 - When flossing, carefully place the floss between the teeth and avoid pushing the floss under the gums until instructed to do so.
 - During the first week, eat only soft foods. Do not chew where the surgery was performed.