



LASER GUM TREATMENT PATIENT CARE INFORMATION

You made a great decision investing in yourself with laser gum treatment (scaling and root planing with laser therapy) to address your periodontal (gum) disease. Please read and follow these instructions. They will make you more comfortable and will help to prevent any possible complications.

- 1. CARE OF YOUR MOUTH** – Brush your teeth with a soft-bristle toothbrush for the next 3 days. You also want to avoid flossing and refrain from using your Waterpik® Water Flosser for the next 3 days. Gently rinse your mouth during these 3 days with the prescribed CloSYS® mouth rinse. You may have to GO EASY for those first 3 days, but make every effort to keep your mouth plaque-free. After those 3 days, you may then use your electric toothbrush, floss and water flosser. You may also rinse more vigorously with the CloSYS® mouth rinse.
- 2. DISCOMFORT** – Some discomfort is expected when the anesthesia wears off. Usually, ibuprofen will eliminate any discomfort. Sensitivity to cold or touch may temporarily occur. Removing all plaque from the tooth surfaces and brushing with a fluoride toothpaste or a toothpaste that we prescribed will usually reduce or eliminate sensitivity in a day or two.
- 3. EATING** – Your next few meals should be soft. Avoid any hard, gritty foods such as peanuts, popcorn, chips and hard bread for the next 3-4 days. If you have implants, avoid chia seeds. Also, avoid hot, spicy foods, citrus products, and alcohol for at least 24 hours.
- 4. BLEEDING** – Slight bleeding may continue for several hours following the procedure. This is not unusual and should stop. If bleeding persists beyond a few hours, please call our office at (520) 825-8112.
- 5. SWELLING** – Very seldom does swelling occur. If swelling does occur, it usually disappears after several days. An ice pack may be used to minimize swelling. Ice should be placed in a plastic bag and then wrapped in a thin cloth towel and applied directly over the affected area. You should maintain the towel-wrapped ice pack in contact with the skin as much as possible for the first 24 hours after the first sign of swelling. Any unusual or large swelling should be reported to your dentist as soon as possible.
- 6. SMOKING** – Please refrain from smoking for AT LEAST 24 hours after today's laser gum treatment. Tobacco use interferes with healing.
- 7. EXERCISE** – Avoid any aerobic activity for the rest of the day (e.g. jogging, tennis, pickleball or anything strenuous). Take it easy.

Lastly, great job today! You will soon notice improvement in your gums, oral health and overall health!