BANKHEAD & FIRTH
ORTHODONTICS

Post-Op Laser Instructions

The gum tissue where the laser was used will need a little extra care. While the use of the laser prevents excess bleeding, it is normal to have a small amount of bleeding after the procedure.

Apply Vitamin E gel to the laser site 2-3 times a day until you run out. Puncture the Vitamin E capsule with a clean needle/safety pin and place on a clean finger or Q-tip and massage gently in the area of the laser site.

Continue to brush and floss your teeth like normal. Make sure to use a soft-bristle toothbrush and be gentle, slow and methodical around the laser site until it heals.

Avoid acidic foods that may irritate the gum tissue (orange juice, tomato sauce, ketchup, hot sauce, spicy foods, etc.) until it heals.

You may take an analgesic for discomfort (Ibuprofen or Tylenol) as directed on the bottle.

Do not smoke or vape, this may affect the healing.

Please call our office if you have any concerns. Thank you for your trust in our office.

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