

Post Operative Instructions Following Laser Treatment

Treating periodontal disease with laser technology is the very best that modern dentistry has to offer. The dental laser has been shown to eliminate periodontal infection and simulate repair of the damage gum and bone. Treating periodontal infection in this way has been shown to lower your risk of developing heart disease, stroke, birth low weight babies and possibly even Alzheimer's. Furthermore, Laser Periodontal Therapy has none of the drawbacks of older therapies; it is comfortable, does not cause gum recession and it does not involve drugs or harsh chemicals.

The following instructions will help maximize the benefits of your therapy:

1. Dental laser procedures result in little or no discomfort. We typically do not recommend any medications.
2. Laser therapy promotes profound healing of the gum tissues. The following guidelines will help you ensure that you do not disrupt the healing process.
 3. The First 24 hours following treatment:
 - Avoid acidic, rough or crunchy foods (chips and salsa, citrus fruits, crusty bread, fried foods, vinegar-based salad dressing, raw veggies, popcorn, nuts, etc.)
 - Suggested foods: pasta, eggs, soups, fish, chicken, cooked veggies, yogurt.
 - Resume your normal eating habits the next day after treatment.
 4. After today's treatment and for the next 7 days:
 - Clean the treated area using light, electric or manual brushing. Brush by gently placing the toothbrush on the gums just below the tooth. If using a manual brush, carefully roll the bristles toward the tooth surface. DO NOT place the bristles INTO the gums or BELOW the gum line.
 - Avoid flossing and waterpik for one week to allow for tissue healing. If needed, you may gently floss the treated area with care to dislodge food debris. Slide the floss gently between the teeth and avoid pushing the floss under the gums.
5. Resume your normal hygiene techniques beginning one week following treatment (your dental hygienist will make specific recommendations that may include a Sonicare toothbrush and a waterpik)

If you have any questions or concerns, do not hesitate to contact one of our team members for assistance.