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POST-OPERATIVE INSTRUCTIONS: LASER PERIODONTAL THERAPY

Patient Name: _____ Date: _____

Bleeding Control

- Minor oozing or blood-tinged saliva for the first few hours is normal
- Avoid vigorous rinsing or spitting for the remainder of the day of treatment
- Significant bleeding is uncommon with this procedure — contact us if it occurs

Swelling & Discomfort

- Swelling and discomfort are typically mild compared to traditional gum surgery, but can still occur
- An ice pack to the outside of the face for 15-20 minutes on/off can help if needed on the day of treatment
- Take pain medication as directed if needed — many patients require only over-the-counter pain relief

Diet

- Soft diet for the first 3-5 days (smoothies, soup, pasta, eggs, mashed vegetables)
- Avoid chewing directly on the treated area(s) during initial healing
- Avoid very hot foods or beverages for the first 24 hours
- A bite splint or occlusal guard may be provided — wear as instructed to protect treated teeth while chewing

Oral Hygiene

- Do not brush or floss directly at the treated sites for approximately 2 weeks, or as instructed
- Begin gentle warm salt-water rinses the day after treatment, avoiding forceful swishing
- If prescribed, use your mouth rinse gently as directed
- Continue normal hygiene on unaffected teeth

Activity

- Rest and avoid strenuous activity or exercise for at least 2-3 days
- Avoid bending over or heavy lifting, which increases blood flow to the head and can increase bleeding/swelling
- You may return to light normal activity as comfort allows

Medications

- Take any prescribed antibiotics exactly as directed, for the full course
- Take pain medication as needed; many patients find over-the-counter medication sufficient
- Continue your regular medications as normal unless otherwise instructed

Please Avoid

- Smoking or vaping, which significantly impairs healing and new attachment
- Alcohol for at least 24 hours or while taking prescribed medication
- Probing, poking, or disturbing the treated gum tissue with your tongue, fingers, or a toothbrush

- Chewing hard, crunchy, or sticky foods on the treated side until cleared

Special Instructions for Laser Healing

- A yellowish or off-white coating (a fibrin clot) over the treated gums during the first 1-2 weeks is normal and expected — this is part of laser wound healing, not an infection
- Do not wipe, rinse aggressively, or pick at this coating, as it protects the healing tissue underneath
- Mild tooth mobility (looseness) can occur temporarily during healing and typically improves; contact us if it persists or worsens
- If a bite splint/night guard was provided, wear it as directed to protect the healing attachment

When to Call Our Office

Please call us right away if you experience any of the following:

- Bleeding that does not slow down after 3-4 hours of firm gauze pressure
- Pain that is severe or worsening rather than improving after the first 2-3 days
- Swelling that increases significantly after day 3, or is accompanied by fever
- Fever over 101°F (38.3°C)
- Pus, foul taste/odor, or drainage from the surgical site
- Numbness of the lip, chin, or tongue that has not begun to improve after several days
- Any signs of an allergic reaction (rash, itching, difficulty breathing or swallowing) — seek emergency care immediately

Office phone: 203-446-3890 After-hours/emergency line: 203-446-3890

Follow-Up

Please keep your scheduled follow-up appointment so we can check your healing progress. Call our office if you need to schedule or reschedule this visit.