

Post Operative Care Following Laser Periodontal Therapy

Do:

1. **The first three days** follow only a liquid-like diet to allow healing. Anything that can be put in a blender to drink is ideal as well as Ensure, Slim Fast, or nutritional drinks.
2. Take the prescribed antibiotics until gone.
3. In order to limit swelling take the prescribed NSAID (Ibuprofen or Anaprox DS) until gone.
4. Although swelling is often minimal an ice pack can be held over the treated side 15 minutes on and off until retiring the night of treatment.
5. Rinse with the prescribed antibacterial mouth rinse 2-3x day starting the day after treatment.
6. In order to help the healing process keep your mouth as clean as possible. Brush, floss, and follow other home care measures in all areas except the treated sites.
7. Follow the prescribed diet instructions.

Keep Away From The Treated Area!!!!

Do Not:

1. No brushing, flossing, or chewing in treated sites for **3 weeks**.
2. No smoking for 3 days.
3. No exercise for 48 hours.
4. No water irrigators or battery assisted toothbrushes for 3 months.
5. No drinking through a straw for 3 weeks.