

## PATIENT INSTRUCTIONS FOLLOWING LASER PERIODONTAL (GUM) DISEASE THERAPY (LANAP)

1. Do not be alarmed with any color changes or appearance of tissues following laser therapy. Tissues can be gray, yellow, red, blue, purple, "stringy" and reflect normal response to laser treatments.
2. Reduce physical activity for several hours following the surgery.
3. It is OK to spit, rinse, and wash your mouth gently today. Rinse as directed with Peridex or Periogard morning and night. In between it is OK to rinse gently every three (3) hours with warm salt water (1/2 teaspoon of salt dissolved in an 8 oz. glass of warm water).
4. Do not chew on the side of your mouth which has just been treated. Do not eat spicy or excessively hot foods or foods with seeds.
5. Try to keep your mouth as clean as possible in order to help the healing process. Brush, floss, and follow other home-care measures in all the areas of your mouth except for the surgical site.
6. Do not apply excessive tongue or cheek pressure to the surgical site.
7. Do not be alarmed if one of the following occurs:
8. Light bleeding
9. Slight swelling
10. Some soreness, tenderness, or tooth sensitivity
11. A surgical pack may be placed on the area to prevent food, trauma, and/or smoke from irritating the surgical site tissues. If a piece of the pack falls out or if the entire pack loosens or falls out, do not be alarmed.
12. Swelling may possibly occur. To keep this at a minimum, gently place an ice pack on the outside of the face for 20 minutes each hour until you retire for sleep that night. Do not continue using the ice pack beyond the day of the periodontal surgery.
13. Some oozing of blood may occur and will appear to be greatly exaggerated when it dissolves in saliva. Determine the side of oozing and place pressure on this area. If you cannot locate the origin of the bleeding, rinse your mouth gently with iced water and apply a wet tea bag to the general area. If excessive bleeding continues, please call the office.
14. It is very important to maintain a good food and fluid intake. Try to eat soft but nutritious food such as eggs, yogurt, cottage cheese, malts, ice cream, etc., until you are advised to return to a normal diet.
15. Do not suck through a straw.
16. If medication has been prescribed, please take exactly as directed.
17. Please call the office so that we may render further treatment if any of the following occurs:
18. Prolonged or severe pain
19. Prolonged or excessive bleeding
20. Considerably elevated or persistent temperature
21. Do not be alarmed that beginning with just 2 weeks after therapy and extending as long as 1 year or more, the teeth may become sore, tender, or sensitive as the bone and ligaments around the teeth regenerate and become more firm. This is a sign of healing, but also indicates the presence of a bite imbalance that needs to be adjusted.

Williamsburg Periodontics  
461 McLaws Circle, Suite 1  
Williamsburg, VA 23185  
(757) 221-0249