



Post-Operative Instructions After LASER Therapy

- Reduce activity for 48 hours following surgery.
- **Do not spit or rinse your mouth today.** After 24 hours, rinse very gently with Peridex or Periogard (if prescribed), 2-3 times a day. In between that time it is fine to rinse very gently every 3 hours with warm salt water (1/2 teaspoon of salt dissolved in an 8oz. glass of warm water).
- Do not brush or floss the surgical area for the first 3 weeks following the procedure.
- Try to keep your mouth as clean as possible in order to aid in the healing process and minimize the risk of infection. Brush, floss, and follow other home-care measures in all areas of your mouth except the surgical area.
- Do not chew on the side of your mouth which has been treated.
- If you are a smoker, refrain from smoking for at least three days.
- Do not be alarmed if one of the following occurs:
 - A. Light bleeding
 - B. Slight swelling
 - C. Soreness or tenderness
 - D. Medicinal taste from Peridex or Periogard
 - E. Any colour changes (it is normal to have a white border at the gumline of the surgical area; **do not touch it**)
- To reduce swelling, gently place an ice pack on the outside of the face for 20 minutes at a time (20 On, 20 Off) until you go to bed. Do not use the ice pack after the day of the surgery.
- Some bleeding may occur and will appear to be greatly exaggerated when it dissolves in saliva. To slow the bleeding, take a piece of gauze and put pressure on the area. If you can not locate to origin of the bleeding, rinse your mouth gently with iced water and apply a bag full of cool water to the general area. If excessive bleeding continues, please call the office.
- Carefully avoid chewing food in the areas of the mouth where the laser has been used. One of the most important steps of laser surgery is the healing that occurs following the initial procedure.
- It is important to maintain food and fluid intake. Try to eat soft but nutritious food such as eggs, yogurt, cottage cheese, malts, ice cream, etc., until you feel that you can start eating a regular diet again.
- If medication has been prescribed, please take them exactly as directed.
- Please call the office so that we may render further treatment if any of the following occurs:
 - A. Prolonged or severe pain
 - B. Prolonged or excessive bleeding
 - C. Considerably elevated or persistent temperature
- Your teeth may become sore, tender, or sensitive as the bone ligaments around the teeth regenerate and become more firm. These symptoms can begin as early as two weeks after treatment and extend as long as one year or more. This is a sign of healing, but also indicates the presence of a bite imbalance that needs to be adjusted.

Emergency Phone Numbers

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Dr. Jacob Fitzgerald
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Post-Operative Instructions After LASER Therapy

Return home and relax today. If you have had intravenous sedation, you will feel groggy for up to 24 hours. It is critical that you do not drive, operate hazardous machinery, make critical decisions, or consume alcohol or drugs with sedative properties during this period.

Home Care Instructions

The length of time it takes for the gums to heal depends upon the severity of the disease. Most healing in the surface area takes 2-4 weeks. Deeper pocket areas may take several months to completely heal.

Oral Hygiene Guidelines:

1. Manual toothbrush at 3 weeks
2. Floss at 3-4 weeks (above the gumline only)
3. Electric toothbrush at 3 months (above the gumline only)
4. Oral irrigators 3-6+ months (above the gumline only)

Post LANAP® Treatment Diet Instructions

- The first three days following Laser Therapy, follow a liquid diet to allow healing. Anything that could be put into a blender to drink is ideal. This is to protect the clot that is acting as a "Band-Aid".
- Do not drink through a straw as this creates a vacuum in your mouth that can disturb the "Band-Aid"
- Next four days after treatment, foods with a "mushy" consistency such as those listed below are recommended. *see below
- Starting seven to ten days after treatment, soft foods may be allowable. The time to start on soft foods is dependent upon the loss of the white material that appeared around your teeth following LANAP® treatment. You were introduced to this material by your doctor or doctor's assistant during your follow-up visit immediately following your initial treatment session. It was explained to you that you must leave this material alone until it naturally heals and disappears. Once the white material has disappeared, then soft foods can be introduced. Soft foods have the consistency of pasta, fish, chicken or steamed vegetables.
- Please remember that even after ten days, healing is not complete. The first month following treatment you should continue to make smart food choices. Softer foods are better. After 1 month, you may gradually add back your regular diet choices.

"Mushy" Diet Suggestions

- Anything put through a food blender (No seeds)
- Mashed avocado, mashed potatoes or baked potatoes - OK with butter/sour cream
- Applesauce, mashed banana or any mashed/blended fruit except berries with seeds
- Broth or creamed soup mashed steamed vegetables, or oatmeal
- Mashed Yams, baked sweet potato, butternut squash, cottage cheese, or soft cheese
- Creamy peanut butter without solid pieces
- Eggs, any style, with or without melted cheese, Jell-O, pudding, ice cream, yogurt, milk shakes, smoothies - DO NOT blend with berries containing seeds
- Ensure, slim fast or other nutritional drinks
- **DON'T** chew gum, candy, cookies, chips, nuts, anything hard or crunchy, anything that has seeds or hard pieces, meat that shreds and can lodge under the gum and between teeth, raw vegetables/salad