

**PATIENT INSTRUCTIONS FOLLOWING
LASER PERIODONTAL (GUM) DISEASE THERAPY (LPT™)**

1. Do not be alarmed with any color changes or appearance of tissue following laser therapy. Tissue can be gray, yellow, red, blue, purple, “stringy” and reflect normal response to laser treatments.
2. Reduce activity for several hours following the surgery.
3. **It is OK to spit, rinse, and wash your mouth 24 hrs after surgery. Rinse as directed with Peridex or Periogard morning and night. In between it is OK to rinse gently every 3 hours with warm salt water (1/2 teaspoon of salt dissolved in an 8oz. glass of warm water). Note: Mouthrinse may cause staining – let us know if this becomes an issue.**
4. Do not eat spicy or excessively hot foods. Stay on a soft diet for two weeks.
5. **DO NOT BRUSH OR FLOSS THE AREAS TREATED FOR TEN (10) DAYS. BEGIN BRUSHING AND FLOSSING ON DAY 11. WE WILL CHECK YOUR HOMECARE AT YOUR NEXT VISIT.**
6. Do not apply excessive tongue or cheek pressure to the surgical area.
7. Do not be alarmed if one of the following occurs:
 - a. Light bleeding
 - b. Slight swelling
 - c. Some soreness, tenderness, or tooth sensitivity
 - d. Medicinal taste, from Peridex or Periogard
8. Swelling may possibly occur. If you experience swelling, 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 bag beyond the day of the periodontal surgery.
9. 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.
10. 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 can comfortably return to a normal diet (two weeks ☺)
11. If medication has been prescribed, please take exactly as directed.
12. 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.
13. 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.