

Patient instructions following Pocket reduction treatment using a laser

1. Do not be alarmed with any color changes or appearance of gum tissue following laser therapy. Gum tissue can turn gray, yellow, red, blue, purple, and “stringy” and reflects a normal response to laser treatments.
2. Refrain from letting the tongue rub around the treated gum areas or rubbing externally on the cheek
3. 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
4. Swelling may occur. To keep this at a minimum, gently place an ice pack on the outside of the face for 10 minutes on 30 minutes off for the first day after your surgery. Do not continue using the ice bag beyond the day of surgery.
5. Spontaneous bleeding 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.
6. Please call the office at **206-400-0800** if you have any questions or require additional follow up if you are experiencing any of the following:
 - a. Prolonged or severe pain (greater than 3-5 days)
 - b. Prolonged or excessive bleeding (greater than 24 hours)
 - c. Considerably elevated or persistent temperature. (within one week after surgery)
7. If medication has been prescribed, please follow the directions closely. It is important to complete each prescription as prescribed. The entire bottle or prescription should be taken for the stated number of days or weeks.
8. Unless you are allergic; Motrin – Generic Ibuprofen- (eg. Advil, Motrin) and/or Tylenol (Acetaminophen) can be taken on an alternating basis for pain/discomfort. We recommend using 600 mg of Ibuprofen and 500 mg of Tylenol on an alternating basis every 6 hours until the discomfort has subsided.
9. Reduce physical activity for the first 24-48 hours to reduce your risk of developing increased pain, bleeding and delayed healing following your surgery.

10. Try to keep your mouth as clean as possible in order to help the healing process. Only brush and floss the untreated area of your mouth. **Do not brush or floss the treated area for 7-10 days or as directed by your doctor.**
11. You may spit, and gently rinse your mouth the day of treatment. Rinse your mouth gently twice a day with the prescribed rinse. You may also rinse your mouth gently 2-3 times a day with warm saltwater (1/2 teaspoon of salt dissolved in an 8oz. glass of warm water) for the next 3-5 days following your surgery.
12. You will be on a liquid diet for 3 days, then a diet of mushy/soft foods for 4 days. Afterwards you will want to slowly introduce normal foods back into your diet. It is very important to maintain 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. Please refer to the treatment diet Instructions (on the next page) for additional information.
13. Avoid spicy or excessively hot foods during the initial 3-day liquid diet period.
14. When eating, do not chew on the side of your mouth which has been treated.
15. Your teeth may become sore and tender as the bone and ligaments around the teeth regenerate/heal and become more stable. Continued monitoring of the bite/occlusion is important as the teeth are constantly shifting. If you are experiencing pressure/pain when biting it may be that the tooth requires additional adjustment. Please let your doctor know and they will complete an evaluation and adjustment as needed.
16. "Spaces" between your teeth can result from reduction of inflammation, swelling, and the removal of diseased tissue after the treatment. These spaces may allow for additional food impaction but also allow the site to be easier to clean. The tissue level is determined by the bone level. Areas of more severe bone loss are likely to have reduced tissue levels.
17. After you complete the yearlong program you will be seen every 3 months for a periodontal maintenance visit. This is **extremely important** to preserve the work that has been done and continue to monitor and coach you on how to manage your periodontal condition. Our office will complete a reevaluation appointment at 1 year to determine your response to the treatment. Our goal is to stabilize and help maintain the current periodontal condition so that you are able to resume care with your dental provider.

Post LANAP® Treatment Diet Instructions

- **The first three days** following treatment, follow **only** a liquid- like diet to allow healing. Anything that could be put into a blender to drink is ideal. The purpose of this is to protect the clot that is acting as a “band-aid” between the gums and the teeth. Do **not** drink through a straw, as this creates a vacuum in your mouth that can disturb the “band-aid”. Take daily vitamins. If your treatment was primarily around implants just avoid that side.
- **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 allowed. The time to start on soft foods is dependent upon the loss of the white material (fibrin clot) that appeared around your teeth following treatment. You must leave the fibrin clot (white material) alone until it naturally heals and disappears. Once the fibrin clot material has disappeared, then soft foods can be introduced. Soft foods have the consistency of pasta, fish, chicken or steamed vegetables. You may then, gradually add back your regular diet choices.
- **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.

*“Mushy” Diet Suggestions

DAILY VITAMINS!

Anything put through a food blender

Cream of wheat, Oatmeal, Malt O Meal

Mashed Avocado, Applesauce

Mashed Potatoes or Baked Potatoes – OK with butter/sour cream

Mashed Banana or any mashed/blended fruit except berries with seeds

Broth or Creamed Soup

Mashed steamed vegetables

Mashed Yams, Baked Sweet Potato or Butternut squash

Cottage cheese Cream or Soft cheese

Creamy peanut butter without solid pieces

Eggs any style, with or without melted cheese

Omelets can have cheese and avocado

Jell-O, Pudding, Ice Cream, Yogurt

Milk shake/smoothies – DO NOT blend with **berries containing seeds**. Ensure, Slim Fast -nutritional drinks

DON'T

Chew gum, candy, cookies, chips, nuts, anything hard or crunchy, anything that has seeds or hard pieces, meat that shreds can get lodged under the gum and between teeth as well as raw vegetables/salad.

Smokers/Tobacco Users Warning

Tobacco has a very large effect on your oral health and healing after treatment. Tobacco can reduce your chances of having a successful surgery result. Please avoid tobacco for at least a minimum of two weeks after surgery or try to quit altogether. Any type of smoking and/or chewing tobacco will have an adverse effect on the progress of your healing and may cause the gum disease to recur after treatment. If you are a smoker or chew tobacco, we highly recommend not to do so while you are healing or any time after that.

Week by Week Home-care Instructions:

- Week 1 to 2: No brushing, prescribed rinse
- Week 2 to 4: Soft bristle toothbrush provided by our office (Nimbus)
- Week 4: Electric toothbrush can be used from this point
- Week 6: Electric toothbrush + flossing
- After 3 months: Oral irrigators (Waterpik) can be used.

Please keep in mind these instructions are site/side specific. If your treatment included a week between appointments, you may have different instructions for each side of the mouth

For example:

Right side was treated 2 weeks ago, Left side was completed 1 week ago: you may begin brushing with the soft toothbrush on the right side, refraining from brushing on the left side.