Post-Operative Instructions

Laser Periodontal Treatment

Care for your mouth

If needed, rinse with warm salt water. (1 teaspoon of salt mixed with 8oz of warm water) Start home care as instructed when tissue starts to feel comfortable. No flossing for 3 days after treatment. Brush very lightly the evening treatment was received. Initially, you may have to be very gentle with your home care. Absolutely no use of a water pick during your gum therapy. Soft picks may be used 3 days after treatment.

Discomfort

For this procedure, you may have been given anesthetic to ensure your comfort. The anesthetic typically leaves your lips and mouth feeling numb after the appointment. For this reason, you should avoid chewing until the numbness has completely worn off. Some discomfort after the treatment is normal. Ibuprofen or Tylenol is usually sufficient to help with any discomfort.

Eating

Avoid any hard foods such as chips, popcorn etc. for the next 3-4 days as you do not want to disturb any healing that is taking place. Eat soft foods.

Smoking/Vaping

Tobacco smoking or vaping is an irritant to any healing. Refrain from smoking/vaping for at least 48 hours after treatment was received.