



## LASER OSSEOUS SURGERY POSTOPERATIVE INSTRUCTIONS

General Guidelines: Take all medications as prescribed. There is often a small, red ring around each laser-treated tooth. This is the blood clot, and you should not attempt to remove it by vigorous rinsing, brushing, or any other method. Sometimes, the laser-treated area(s) will change color or consistency. It can become gray, yellow, purple, and “stringy” in appearance, and this is not a cause for concern. Do not apply excessive pressure to the laser-treated area with your tongue or your cheek- doing so can dislodge the blood clot and negatively affect healing.

Oral Hygiene: You will not brush, floss, use any kind of toothpick, rubber tip etc, in the treated area for 2 weeks. You MUST NOT use a waterpik at all until the doctor directs you that it is all right to do so. Use of these things prior to doctor approval can disrupt healing and cause failure of treatment. You will use Peridex (chlorhexidine) rinse at least twice a day, or after each meal, to keep the area clean. The rinse may cause staining of your teeth and tongue, this is temporary and is not cause for alarm. You may also use warm saltwater rinses to help with tissue tenderness at any time you choose (dissolve one teaspoon of salt in a cup of warm water). You may brush and floss the other areas of your mouth (including your tongue) as you normally would beginning the day after surgery. Brushing your tongue will help prevent it from staining. DO NOT USE A WATERPIK IN ANY AREA OF YOUR MOUTH UNTIL THE DOCTOR HAS GIVEN YOU CLEARANCE TO DO SO.

Pain: Mild pain is to be expected after laser surgery. However, for most people, ibuprofen (Advil or Motrin) is all that is required to control pain. If the doctor has prescribed you 800 mg ibuprofen, you will take one pill every 8 hours as needed for pain. If pain persists, you may take 2 acetaminophen (Tylenol) tablets every 6 hours in addition to the ibuprofen.

Swelling: Swelling is unusual after laser surgery, but it can occur. You may apply an ice pack wrapped in a light towel to the treated side for 20 minutes on, 20 minutes off for up to 24 hours after treatment.

Eating: DO NOT drink through a straw for 24 hours following laser surgery. Do not eat any spicy foods for 24 hours following laser surgery. You MUST NOT eat any hard, sharp, crunchy, or seedy for 2 WEEKS following laser treatment, or longer if you are having more than one side treated. Examples of foods to avoid include but are not limited to: chips, granola, popcorn, strawberries, cherries, raw vegetables and green salads. We have provided you with a suggestion list of acceptable foods, but these are not the only foods you may eat. However, you must follow the guidelines of soft/mushy foods for the prescribed timeline. Following the diet guidelines is EXTREMELY important for proper healing to occur.

Sierra Nevada Periodontics and Implant Dentistry,  
6148 Mae Anne Ave, Reno, NV 89523



## SOFT/MUSHY FOOD SUGGESTIONS

Anything put through a blender, EXCEPT fruits/vegetables with small seeds, is acceptable.

Other suggestions:

Eggs any style  
Pasta  
Soft cheeses  
Fish  
Ground turkey, ground beef  
Mashed potatoes, yams or sweet potatoes  
Mashed steamed vegetables  
Avocados  
Applesauce  
Cream of wheat, Malt-o-Meal  
Yogurt  
Pudding  
Ice cream  
Creamy peanut butter  
Broths or cream soups

You can also supplement your nutrition with vitamins, and Ensure (or another supplement drink of your choice).

Please refer to these instructions first if you have any questions. If your questions are not answered by this sheet, please call us at 775-322-5122.

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