



POST - TREATMENT RECOMMENDATIONS FOR LASER GUM SURGERY

We have scheduled a significant block of time for our team to concentrate on your visit with us. Please understand that this is surgery, but done in a new way with laser technology. Healing occurs at an individual's own rate and is affected by outside influences such as mechanical or bacterial trauma.

Your comfort and healing will occur best if you follow these recommendations:

1. It is very important not to disturb the fibrin clot that seals the pocket and acts as a bandage to allow the bone and tissue to regenerate properly. So please follow the home care and diet instructions carefully.
2. Some soreness, tenderness, or tooth sensitivity is normal. The discomfort is usually mild to moderate and much less than with conventional blade and suture surgery. To reduce inflammation and promote healing, you will normally be advised to take Ibuprofen 600mg beginning the morning of the appointment and continuing four times per day for two days unless you are allergic to aspirin or Ibuprofen. In that case, Tylenol 1000mg, four times per day will be prescribed for pain. If Ibuprofen is not sufficient then Tylenol 1000mg can be taken at the same time with the Ibuprofen. In rare cases additional medication for pain is needed and can be obtained by calling our office.
3. Be sure to take the antibiotic prescribed for the full time advised unless stomach upset or diarrhea occurs. In that case, stop taking the antibiotic and call the office. Be sure to advise us if you are allergic to any antibiotics especially penicillin or amoxicillin.
4. A local anesthetic is used during the procedure and may be combined with oral or intravenous sedation. If sedated, you will need a driver to take you home after the procedure. (Read and Sign Sedation Consents)
5. Avoid exercising for the first two days after the procedure since this will increase your blood pressure and possibly dislodge the fibrin clots which are essential to healing.
6. If possible stop smoking completely or at a minimum stop smoking for three days. Smoking causes vasoconstriction of blood vessels and adversely affects healing.
7. Slight swelling sometimes occurs. To keep this to a minimum, place an ice pack on the outside of the face 20 minutes on one side of the face and then 20 minutes on the other side of the face for 3 - 4 hours.
8. Some oozing of blood may occur and will appear to be greatly exaggerated when it dissolves in saliva. This will almost always stop without attention. If it continues, locate the area involved and apply firm pressure to this area with a gauze or moist teabag for 30 minutes. If excessive bleeding continues, please call the office.
9. Do not be alarmed with any color changes or changes in appearance of tissues following laser therapy. The tissues will appear gray, tan, yellow, red, blue, purple or feel stringy. These are normal responses to the laser treatment and will disappear with healing.
10. Rarely because of the energy generated by the laser, small injuries can occur to the lips or tongue. These will heal normally without damage to the tissue.

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11. Do not be alarmed if beginning two weeks after therapy and extending as long as one year or more, the teeth may be sore, tender or sensitive as bone and ligaments around the teeth regenerate and become more firm. This is a sign of healing but may indicate a bite imbalance that needs to be adjusted. Occlusal adjustments are an important part of your care and maintenance. (Read and Sign Laser Therapy Consent)

12. If you have any questions or concerns, Dr. DeTure and staff are available for you. The office number is (954) 522-3228. You may also feel comfortable calling at his home number or Dr. DeTure on his cell phone (954) 599-6425.