

Dr. George Quintero

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PATIENT INSTRUCTIONS FOLLOWING LASER PERIODONTAL (GUM) DISEASE THERAPY

1. Do not be alarmed with any color changes or appearance of tissues following laser therapy. Tissues can be gray, yellow, red, blue, purple, "stringy" and reflect normal response to laser treatments.
2. Reduce activity for the rest of the day following the surgery.
3. It is OK to gently spit, rinse, and wash your mouth today. Rinse gently as directed with Peridex or Periogard morning and night and once or twice during the day. In between, it is OK to rinse gently every three (3) hours with warm salt water (1/2 teaspoon of salt dissolved in an 8oz glass of warm water). Do not chew on the side of your mouth which has been treated.
4. Do not eat spicy or excessively hot foods.
5. Try to keep your mouth as clean as possible in order to help the healing process. Brush, floss, and follow other home-care measures in all the areas of your mouth except for the surgerized area.
6. Do not apply excessive tongue or cheek pressure to the surgerized 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. The surgical dressing is placed on the area to prevent food, trauma, and/or smoke from irritating the surgerized tissues. If a piece of the pack falls out or if the entire pack loosens or falls out, do not be alarmed. Try to retain the surgical dressing for the first 24 hours.
9. Swelling may possibly occur. To keep this at a minimum, gently place an ice pack on the outside of the face for 20 minutes and remove for 20 minutes, continuing until you retire for sleep that night. The ice pack may be used the following day, but will be less effective beyond the day of the periodontal surgery.
10. 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.
11. 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 are directed to comfortably return to a normal diet.
12. If medication has been prescribed, please take exactly as directed.
13. 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.
14. 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.
15. "Spaces" between your teeth can result from reduction of inflammation, swelling, and the removal of diseased tissue after the LANAP treatment. These spaces usually fill in over time, and again, bite adjustment is critical to making sure the teeth are not traumatized and the "papilla" can regrow.

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Post Laser Surgery Instructions

You have had laser surgery in your mouth, and you can expect normal surgical healing events over the next week or two. The laser light has cleaned out and stimulated the roots of the teeth, the surrounding bone, and the gum tissue. There may be discomfort during the healing phase. The roots affected by disease have been thoroughly cleaned and are no longer covered by diseased gum tissue. Because of this, you will probably experience temperature sensitivity. This is all normal and temporary.

Most importantly, the last pass with the laser has created a seal between the gum tissue and the teeth and underlying bone. The seal needs to be maintained and undisturbed. For this reason, it is imperative that a liquid to soft diet be followed for a week and a half following surgery. Also, the surgical site is not to be cleaned with a toothbrush, floss, Waterpik, toothpick, etc., but only with the prescribed Peridex; rinse gently 3 to 4 times a day.

Tips

- When you go home take your prescribed pain medication with food and water before the anesthesia wears off.
- Soft diet for 1 to 1 ½ weeks.
- Cold foods such as ice cream, applesauce, yogurt, pudding are good things to eat when you get home, but avoid spicy foods.
- Ice 20 minutes on and 20 minutes off for 4 cycles.
- No carbonated beverages for 3 days.
- No smoking for 3 days.
- No peanuts, popcorn, wild rice, foods with shells or husks, or spicy food. No sandwiches, hamburgers, or chunks of meat.
- Take food and water with medication.
- No straws for 3 days.

Pain Medication Tips

Take one (1) tablet of your pain medication for your first dose with a "full" glass of water after you have eaten foods such as ice cream, yogurt, applesauce, or Jello. Take only as much medication as necessary to control your discomfort. Sometimes the relief only lasts 2-3 hours. Taking Ibuprofen between your prescribed pain medication will help prolong the relief.

If this medication makes you nauseated, take ½ the tablet with food in your stomach followed 30 minutes later by another ½ tablet. This will allow the medication to enter your body slowly.

There are some other common side-effects that you may experience if you take more of the pain medication than your body can effectively handle. You may experience sweating, headaches, and insomnia. If you are experience any of these annoying side-effects, you can eliminate them by reducing the amount of pain medication you are taking. ***If you experience any signs of an allergic reaction, stop taking the medication and call Dr. Quintero.***

Do not take any more medications than you need to manage your discomfort. It will only increase side-effects. We can not prescribe an unlimited supply of this medication.

Questions call Dr. G. Quintero - Office: 770-614-8823 Cell Phone: 770-318-0703

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