



David J. Thein, DDS, MSD 5000 W. 95th St. Suite 270 Overland Park, KS 66207
Office: (913) 341-4141 ♦ Home: (913) 648-5011 ♦ Cell: (816) 835-7480 ♦ www.drthein.com

PATIENT INSTRUCTIONS FOLLOWING LASER GUM THERAPY

1. **Pain-** When the local anesthetic wears off, you should expect only minimal discomfort. Slight tenderness at the laser-treated sites may be noticed for several days. Take the pain medication as prescribed: _____. Some increased tooth sensitivity and slight tooth mobility is common for 2-3 weeks following treatment. If symptoms persist beyond this time, it may be a sign your bite needs to be adjusted.
2. **Bleeding-** Normally, you will notice no bleeding at the treated sites the day of the procedure. If you have continuous bleeding, apply firm pressure with the sterile gauze provided (moistened with cold water). Hold pressure against the bleeding gums for a full 5 minutes, then release. If bleeding persists, call the office. Rinsing should be avoided as it will loosen the healing blood clots.
3. **Swelling-** Swelling and/or discoloration (bruising) of the cheek or chin occurs infrequently. If any swelling or bruising should occur, it usually reaches its peak on the third day following laser therapy and is usually gone by the tenth day or so. If increased swelling, pain or fever develops during the first week post-operatively, please call the office for instructions.
4. **Infection-** This is very uncommon with laser therapy. However, please take all the antibiotics as prescribed: _____. This will help prevent against infection and enhance healing. Do not be alarmed if you notice any temporary color changes of your gums following laser therapy. The blood clots around your teeth that are so important for healing may turn from red to gray, yellow, white, purple or appear rough-looking and still reflect a normal response to the laser.
5. **Sutures or Dressing-** Stitches are not usually necessary with laser procedures. If a dressing (light-cured or putty) has been used around the laser-treated sites, take special precautions not to disturb or loosen it. Don't play with it with your tongue or lips. It serves to protect the lased tissues. Ideally, it should be left intact until you return for your 2 week post-op visit.
6. **Home Care-** All oral home care should be avoided the day of treatment so as not to disturb the blood clots. Beginning tomorrow, you should rinse twice daily (after breakfast & at bedtime) with the antiseptic mouth rinse prescribed. Gently swish with 1/2 capful for 30 seconds then spit it out without rinsing with water afterwards. Continue with this routine until the rinse is gone following laser surgery. Brush (using Rembrandt Plus Toothpaste to minimize staining) and floss as usual on the other side, being very careful to completely avoid the treated side for 10 days. You may resume gentle brushing (with a soft manual toothbrush) and flossing (above the gumline only) after 10 days, but do not use a water irrigator or a battery-assisted toothbrush for 1 month after treatment.
7. **Diet-** You should resume a regular, nutritious diet the next day following surgery. However, please limit yourself to softer foods for the first 3 days. Avoid all chewing on the treated side for 10 days so as not to disturb the healing clots. Stay away from grainy food like popcorn/nuts that may get caught between your teeth. Also, do not eat anything until all the effects of the local anesthesia (numbness) have worn off.
8. **Post-Op Activities-** While you can normally resume your regular activities following laser surgery, we recommend reducing strenuous activities for the first 24 hours. This would include jogging, exercising, aerobics and other activities likely to induce an increased heart rate. If you are a smoker, you should abstain from smoking to allow proper healing. Continuing to smoke will significantly reduce the benefits of treatment and may prevent a successful outcome.

Please call the office or the doctor directly if you have any concerns or questions.

