

Post-Operative Instructions for Laser Soft-Tissue Procedures

- An anti-microbial rinse like Listerine can be used several times a day to reduce the amount of bacteria in the treated area
- Laser procedures usually result in little discomfort but for the first 24 hours after the surgery you may find it helpful to take Ibuprofen (Advil or Motrin) or Acetaminophen (Tylenol) according to the label.
- For the first 24 hour period following surgery, you may want to stick to a liquid or soft food diet. Stay away from spicy foods and things like chips, popcorn, and pretzels to avoid irritating the surgical site. Do not use straws to avoid suction for the next couple of days. Carefully avoid chewing food in the area where the laser was used to avoid interfering with the healing process. A good rule to follow is that if it hurts the surgical site, don't do it.
- Smoking is a bad idea in general but particularly bad during healing. Refrain from smoking for at least 48 hours after the procedure but preferably for the rest of your life.
- Do not be alarmed with any color changes or the appearance of the tissue following the use of the laser. You may notice that the tissue becomes grey, yellow, red, blue, or purple. These are normal responses.
- It is okay to spit, rinse, and wash your mouth. Between rinsing with Listerine, you can rinse with warm salt water (1/2 teaspoon of salt in an 8 oz. glass of warm water).
- After the first 24 hours of healing is complete, brush and floss the adjacent teeth normally and gently clean the area where the laser was used using a Q-tip dipped in Listerine.
- Do not "play with" the area using your tongue or cheek.
- Do not be alarmed if you notice light bleeding, mild swelling, some soreness or mild tooth sensitivity.
- Call us if you experience prolonged severe pain, prolonged or excessive bleeding, or a considerably elevated or persistent temperature.