



## **Patient Post-Op Instructions & Information** **Following Laser Periodontal Therapy (LPT™)**

Laser Assisted New Attachment Procedure (LANAP™)

1. Antimicrobial rinses and antibiotic medications may be prescribed for you. Take any prescribed medications according to directions and continue taking until all meds are gone. No physical activity (cardio) for twenty-four hours following surgery.
2. Periodontal laser procedures usually result in little or no discomfort following surgery. For the first 24 hr period immediately following surgery, take two (2) Advil or Motrin (Ibuprofen) every 4-6 hrs **EVEN IF YOU DO NOT HAVE ANY PAIN.**
3. Carefully avoid chewing food in the areas of the mouth where the laser has been used for at least one week following surgery. One of the most important results of laser surgery is the blood clots that form following surgery. It is extremely important not to dislodge the tiny clots that form in and around the gums.
4. 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.
5. 24 hrs after the laser procedure rinse as directed with Peridex or Periogard morning and night. In between it is OK to rinse gently every three (3) hours with warm salt water (1/2 teaspoons of salt dissolved in an 8 oz glass of warm water). Do not brush or floss your teeth until instructed to do so.
6. 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 surgical area.
7. Do not apply excessive tongue or cheek pressure to the surgical area.
8. Do not be alarmed if one of the following occurs:
  - a. Light bleeding
  - b. Slight swelling
  - c. Some soreness, tenderness, tooth sensitivity
  - d. Medicinal taste, from Peridex, or Periogard
9. Please call the office if you are experiencing any of the following signs and symptoms.
  - a. Prolonged or severe pain
  - b. Prolonged or excessive bleeding
  - c. Considerably elevated or persistent temperature
9. Do not be alarmed that beginning with just 2 weeks after therapy and extending as long as one 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 may also indicate the presence of a bite imbalance that may need to be adjusted.
10. If you have any questions or concerns, please don't hesitate to call or e-mail me!
11. No gum chewing for two weeks

\* No use of electric toothbrush for 6 weeks post-procedure.