



## **Patient Instructions Following**

### **Laser Periodontal Disease Therapy (LANAP)**

1. Do not be alarmed with any color changes or appearance of tissues following laser therapy. Tissues can be gray, tan, yellow, red, blue, purple, and “stringy”. These changes reflect normal response to laser treatments. Do not disturb this area.
2. Reduce activity for 2-3 days following the surgery.
3. It is OK to spit, rinse, and wash your mouth gently starting tomorrow. Rinse as directed with the prescribed rinse morning and night. In between it is of help to rinse gently every three hours with warm salt water (1/2 teaspoon of salt to an 8 oz. glass of warm water) or hydrogen peroxide mixed with half and half warm water.
4. Do not chew on the side of your mouth, which has been treated until you are advised. 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 surgery area.
6. Do not apply excessive tongue or cheek pressure to the surgeries area.

7. Do not be alarmed if one of the following occurs:
  - Light bleeding
  - Slight swelling
  - Some soreness, tenderness, or tooth sensitivity
  - Medicinal taste from mouthwash or other medications
  
8. In some circumstances, a surgical pack is placed on the area to prevent food, trauma and/or smoke from irritating the surgeries tissues. If a piece of the pack falls out or if the entire pack loosens or falls out, do not be alarmed; but do call and advise us.
  
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 each hour until you retire for sleep that night.
  
10. Some oozing of blood may occur and will appear to be greatly exaggerated when it dissolves in saliva. Determine the site 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 followed by the procedures diet instructions until you can return to a normal diet as soon as you are advised. **DO NOT** suck through a straw. Sucking will disturb the area.
  
12. If medication is prescribed please take exactly as directed.

13. Please call the office so that we may render further treatment if any of the following occurs:

- Prolonged or severe pain
- Prolonged or excessive bleeding
- Considerably elevated or persistent temperature

Do not be alarmed that beginning with just 2 weeks after the therapy and extending as long as 1 year or more, the teeth may become sore, tender, or sensitive as the bone and ligaments around 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. Occlusal adjustments are an ongoing part of your care and maintenance.<sup>1</sup>