**Laser Periodontal Surgery**

This procedure uses a laser to remove bacteria in the gums surrounding your teeth. When the laser is used, sutures (stiches) are usually not required.

**First 24 hours:** no rinsing

Use an ice pack on the cheeks then heat the next day both for 20 minutes on/ 20 minutes off

**After 24 hours:**  Begin rinsing with Peridex 2 times a day. Morning and bedtime are recommended.

**For 7 days: Use finger cot/sponge brush only.** No brushing the surgical/lased area at the gum line. You may carefully brush the biting surfaces of your teeth. Do not use a waterpik.

**After First 7 days:**  Brush with an extra soft bristle, manual toothbrush. Do not use electric toothbrush.

**For 2 weeks:** No flossing in the surgical area. You can gently floss if significant food is stuck in an area. Do not go under gum line.

**Bleeding:**

There may be some bleeding. Most bleeding will stop within a few hours. You may see more bleeding when eating our brushing your teeth. This is normal. If the bleeding does not seem to stop, or it seems excessive, take moist gauze or a wet tea bag and place it over the surgical site. Apply pressure with your fingers and leave on for 30-40minutes. Repeat several times if necessary. Do not hesitate to call our office if you are concerned.

**Discomfort:**

It is normal to have some sensitivity once the numbness wears off. The best way to minimize discomfort is to take Tylenol, Motrin, or Advil before it does. (Numbness usually last 2-3 hours but varies). Most patients experience mild discomfort for 1-2 days, so plan on giving over the counter pain medications for that long.

**Eating:**

For 2 weeks avoid eating on the surgical side and maintain a soft food diet only. No hard or crusty food. No nuts, seeds, grits, etc. No chewing gum or sticky foods. Avoid hot/spicy foods and citrus foods. These may cause pain.

**Follow-Up Appointment:**

We will want to see you at our office 1-2 weeks. If you did not make an appointment before you left, please call us to schedule one. This will be a short appointment for the dentist to evaluate your healing and answer any questions you might have.

**Emergency Care:**

Our office has a doctor on call 24/7 for your needs. If you are experiencing severe pain, bleeding, swelling, or a fever please call our office at **(478) 971-7701.**