

LASER POST OPERATIVE INSTRUCTIONS

Today we will schedule a check appointment to follow up on your laser surgery healing progress. Usually this appointment is scheduled for 7-10 days after your initial laser treatment.

1. Dental laser procedures result in little discomfort following surgery. If needed an over the counter anti-inflammatory like Motrin is recommended for three days after surgery.
2. For the next ten days after laser surgery, avoid chewing in the areas where the laser was used. Healing almost begins immediately after the laser procedures, so it is important to maintain the tiny healing clots that form.
3. Daily care:
 - a) First 24 hrs drink mainly liquids.
 - b) During the first week, eat soft foods like yogurt, cottage cheese, mashed potatoes, ect. Do not chew where the surgery was performed for at least ten days.
 - c) Brush by gently placing the bristles of a soft toothbrush on the gums below the teeth involved and carefully roll the bristles upward over the teeth. Brush the rest of the teeth as usual.
 - d) If a frenectomy is done. You will be instructed to move your lip area to keep the tissue mobile.
4. Other aides such as proxabrush or rubber tip, water-pic and certain rinses should not be used until Dr. Dann has reexamined you at your 7-10 day check up.