



**PATIENT INSTRUCTIONS FOLLOWING LASER PERIODONTAL
(GUM) DISEASE THERAPY (LPT™)**

1. 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.
2. Reduce activity for several hours following the surgery.
3. It is OK to spit and rinse your mouth after the first day. Rinse as directed with Peridex or Periogard (chlorhexidine) morning and night. It is also advisable to rinse gently 3- 4 times/a day with warm salt water (1/2 teaspoon of salt dissolved in an 8oz. Glass of warm water). Do not chew on the area of your mouth which has been treated.
4. In general, a soft, puree-consistency diet is needed in the first week. It is very important to maintain a good food and fluid intake. Try to eat soft but nutritious food such as eggs, yogurt, cottage cheese, protein smoothies, etc., until you can comfortably return to a normal diet.
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 surgerized area. For the surgically treated teeth, only brush above the gum line (the tops and sides of the teeth), but not onto the gums in the first 7-10 days. Brushing onto the gums can usually resume after the first 7-10 days. You should not floss or use interproximal brushes on the treated areas until after your first follow up appointment.
6. Do not apply excessive tongue or cheek pressure to the surgerized area.
7. Do not be alarmed if one of the following occurs:
 - a. Light bleeding
 - b. Slight swelling
 - c. Some soreness, tenderness, or tooth sensitivity
 - d. Medicinal taste, from Peridex or Periogard
8. A pink surgical dressing is sometimes placed on the area to prevent food, trauma, and/or smoke from irritating the surgerized tissues. If a piece of the pack falls out or if the entire pack loosens or falls out, do not be alarmed.
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 in the first 24-36 hours after surgery.
10. Some oozing of blood may occur and will appear to be greatly exaggerated when it dissolves in saliva. Determine the side 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. If medication has been prescribed, please take exactly as directed.
12. Please call the office so that we may render further treatment if any of the following occurs:
 - a. Prolonged or severe pain
 - b. Prolonged or excessive bleeding
 - c. Considerably elevated or persistent temperature
13. Do not be alarmed that beginning within just 2 weeks after therapy and extending as long as 1 year or more, the teeth may become sore, tender, sensitive as the bones and ligaments around the teeth regenerate and become more firm. This is a sign of healing, but could also indicate the presence of a bite imbalance that needs to be adjusted.

In case of true emergencies that cannot be handled during regular office hours, you may reach Dr. Duckett at home at (205) 968-4047 or (205)999-4465