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POST LASER INSTRUCTIONS

1. Dental laser procedures result in little discomfort following surgery. If needed, OTC pain medication like Advil or Tylenol may be required for up to 3 days after surgery.
2. For the next 10 days after laser surgery, avoid chewing in the areas where the laser was used. Healing begins almost immediately after laser procedures, so it is important to maintain a clean surgical site.
3. Daily Care:
 1. During the first 24 hours, drink liquids or eat soft foods only.
 2. During the first week, eat soft foods like yogurt, cottage cheese, mashed potatoes. Do not chew, where the surgery was performed for at least 10 days.
 3. Brush by gently placing the bristles of a soft or extra soft toothbrush on the teeth and brush in tiny circles, being careful not to bump the gum tissue. Brush the rest of the teeth as usual. Flossing is okay as long as it is done gently.
 4. Rinsing after meals or snacks with warm salt water is important to help remove any loose food debris.
4. Other aids such as the use of a Proxybrush or rubber tip, and certain strong rinses, such as Listerine should NOT be used until after your doctor has re-examined you. Fluoride rinses are okay.