

LANAP[®] Treatment post-surgical care

1. After laser treatment, it is not unusual to notice gum tissue colour changes. Do not be alarmed by this. Gum tissue can turn gray, yellow, red/ purple, and “stringy” tags might be noticed. These temporary changes reflect a normal response to laser treatments.
2. Do not apply excessive tongue or cheek pressure to the treated area.
3. Do not be alarmed if any of the following occurs:
 - a. Light bleeding
 - b. Slight swelling
 - c. Some soreness, tenderness, or tooth sensitivity
 - d. Medicinal taste associated with the oral rinse that has been provided.
4. Swelling may 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 on the day of treatment. Do not continue using the ice bag beyond the day of the laser procedure.
5. Some oozing of blood may occur. It sometimes will appear exaggerated when it mixes with saliva. Determine the site of oozing and place pressure with a damp gauze on this area. If you cannot locate the origin of the bleeding, rinse your mouth gently with iced water and apply a *damp tea bag* to the general area. Apply pressure for 15+ minutes.
6. Please call the office, or our doctors on call when outside of office hours, so that we may render further treatment if any of the following occurs:
 - a. Prolonged or severe pain
 - b. Prolonged or excessive bleeding
 - c. Elevated temperature (Fever)
 - d. Sores on the roof of your mouth (blisters)
7. If an antibiotic has been prescribed, please take it as directed on your prescription. To manage post-treatment pain, and you are not allergic to acetaminophen (Tylenol) and ibuprofen- (e.g., Advil, Motrin), please take both every 4-6 hours for the first 3-4 days (or longer if necessary, Both are helpful to manage pain, as well as *tissue swelling* and *local inflammation*. Both are non-narcotic and do not affect your ability to drive.
8. Reduce physical activity for 24-48 hours following the surgery to minimize complications.
9. Try to keep your mouth as clean as possible in order to help the healing process. Only brush and floss the untreated area of your mouth. **Do not brush or floss the treated areas for 10-14 days or as directed by your periodontist.**
10. You may spit gently, but do not rinse your mouth the day of treatment. On the day after treatment, you may begin rinsing your mouth gently 2 times per day with the

provided oral rinse. After 48 hours, you may rinse with the antibacterial rinse and salt water as described above, but with more vigor. Between these antibacterial rinses, you may also rinse your mouth with warm salt water (1/2 teaspoon of salt dissolved in an 8 oz. glass of warm water).

11. Try to eat on the non-treatment side of your mouth for the first 2 weeks. You should consider a diet of “mushy”/softer foods for up to 7 days, and then gradually introducing more textured foods in the 2nd week after treatment. It is very important to maintain a good food and fluid intake. Try to initially eat soft but nutritious food such as eggs, yogurt, cottage cheese, ice cream, etc., until you can comfortably return to a normal diet. Avoid or minimize spicy, citrous or excessively hot foods during the first week after treatment.
12. Do not be alarmed that beginning with just 2 weeks after therapy and extending as long as 1 year or more, the teeth may become sore and tender as the bone and ligaments around the teeth regenerate and become firmer. This is a sign of healing, but also indicates the presence of a bite imbalance that may need to be adjusted (this would be done at one of your scheduled follow-ups). Removable appliances may have been given to you to help reduce bite overloads. Wearing these as much as possible can be very helpful to your healing.
13. “Spaces” between your teeth can result from reduction of inflammation/swelling, and the removal of diseased tissue after the LANAP[®] treatment. These spaces may fill in over time, but will be influenced with how much bone loss there is in the affected areas.
14. If you have been taken off blood thinners or if your current medications have been altered in preparation for the LANAP[®] procedure, you should resume your medications as discussed with you before surgery with your periodontist OR with your physician. If you have questions about this, please contact us as soon as possible.