

Post-Surgical Instructions for: Laser Surgery

Brushing

- Week 1 Do not brush the gum line of the treated teeth
Brush only the chewing surfaces (tops) of the treated teeth
Brush all other teeth normally
- Week 2 Begin brushing the gum line of the treated teeth so you are now brushing as you normally would. It is normal to have light bleeding

Flossing

- Week 1 Do not floss the treated teeth for 1 week. Floss all other teeth normally
- Week 2 Begin flossing the treated teeth. It is normal to have light bleeding

Eating

- Day 1 Avoid hot temperature food and drinks (i.e. coffee, tea, soup)
- Day 1-3 Soft foods will be desired due to soreness (i.e. fish, pasta, yogurt, cottage cheese, mashed potatoes, etc.)
Avoid crunchy, salty or spicy foods (i.e. nuts, popcorn, pretzels) as they can irritate the gums
Avoid drinking with a straw for 3 days as it can create bleeding

Chewing

- Week 1 Do not chew with teeth that have been treated (chew on the other side of the mouth)
If both sides of the mouth have been treated, chew lightly
- Week 2 You may begin chewing with the treated teeth

Discomfort, Swelling, Bruising

- It is normal to experience pain, throbbing, or discomfort. Typically the first 2-3 days are when the most soreness occurs. However, discomfort can last a week and possibly into the 2nd week
- Delayed discomfort is possible. This means you may feel little to no discomfort the 1st week but you may experience some discomfort the 2nd week
- Swelling or bruising of the gum, cheek, and chin is normal. To help with swelling, you may place a cold pack on the outside of your face near the treated area repetitively, 10 minutes on 10 minutes off. This is most effective the first 24-72 hours following the surgery
- Minimize talking as much as possible the first day in attempt to help with discomfort and swelling
- Discomfort in the jaw or ear is normal and is often related to the anesthetic given

Bleeding

- Most patients report they have little to no post-surgical bleeding
- However, some medications can increase the amount of bleeding such as Aspirin, Xarelto, Plavix, Eliquis, Coumadin, Heparin, Pradaxa, Effient
- Should you experience excessive bleeding, call the office or after hours emergency phone number on the back of this page

Prescriptions

- **Mouth Rinse**
Dispense 1 cap full and hold in area for 30 seconds. Gently spit
Do this twice daily (after breakfast and before bedtime) until you return for your 7-10 day follow up appointment
- **Antibiotic**
Take as directed until gone. Many antibiotics counteract oral contraceptives, therefore the use of alternative contraceptives to prevent pregnancy is recommended
- **Pain Medication**
Take as needed (i.e. Ibuprofen, Tylenol, Advil, or prescribed medication)

Working

- It is not advised to return to work the same day of surgery due to possible discomfort and bleeding
- You likely will be able to return to work the following day
- **If you elect to be sedated for the procedure, you are NOT to return to work the same day but may return the following day. You are NOT to drive until the following day.**

Exercising

- Avoid exercising or heavy lifting for 2 days
- Walking is approved
- If you experience throbbing in the surgical area, stop physical activity

Smoking

- It is best not to smoke during the 1st week following the surgery as it will delay the healing process, cause bleeding, and compromise the results of the procedure.

Questions or Concerns

Office – 317-844-2792

After hours emergency for Dr. Kurt – 317-691-4169

After hours emergency for Dr. David – 317-405-7420

Surgical Assistant _____

7-10 Day follow up appointment

Date _____ Time _____ a.m. p.m.

We will call you to schedule