



Etienne P. Lacrampe, D.M.D., Inc.

Practice Limited to Periodontics and Dental Implants

Post-Op Instructions Following Laser Surgery

1. **No brushing or flossing the area worked on until you come back to see us.**
2. No rinsing, spitting on the area worked on until tomorrow. The day after surgery you will rinse, with the prescribed rinse, two times a day, 60 seconds you will rinse gently. You may brush and floss all the rest of your teeth like normal, avoiding the surgery site.
3. **Diet-** Soft diet for one week. No chips and salsa. You can have things like eggs, milk, pasta, chicken, fish. Nothing hard and crunchy and nothing with small seeds in it or popcorn. Cold foods are good. Anything hot, wait until it cools down before you put it in your mouth. No straws. If you have a smoothie, then use a spoon.
4. **Swelling-** Swelling in the surgery area is not uncommon. If swelling occurs, it should reach its maximum 48 hrs after surgery and then decrease. An ice pack can be applied 10 mins on/10 mins off for the first 24 hours after surgery.
5. **Pain-** Some pain is normal and expected. Over the counter pain medicines like Tylenol and Advil can be taken.
6. **Bleeding-** One of the most important aspects of laser surgery is the blood clots that form around the teeth following surgery. It is extremely important not to dislodge these blood clots that form in and around the teeth and gums as it is part of healing.
7. **Root Sensitivity-** The roots of the teeth often become sensitive to hot, cold or touch after surgery. This is normal and diminishes over time, about 4-6 months. "Spaces" between your teeth can result from reduction of inflammation, swelling and removal of diseased tissue after the Laser treatment. These spaces usually fill in over time.
8. No smoking at all as it inhibits healing. No alcohol for at least 72 hours as it is a blood thinner and may cause bleeding.

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Diplomate of the American Board of Periodontology

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9. No heavy exercising for the first 72 hours. You need to rest as your body is healing.

General information: Do not be alarmed by color changes of the gums after surgery. The tissue can be gray, yellow, red, blue or “stingy” and reflect a normal response to the laser treatments.

We recommend 600mg (3) 200mg tablets) of Ibuprofen (Advil, Motrin, all generics are fine) AND 1 -gram (2) Extra Strength Tylenol or generic equivalent every six (6) hours to control pain or swelling. If you are taking a narcotic, DO NOT TAKE ANY ADDITIONAL TYLENOL.

If you have any other questions or concerns, please feel free to contact our office during business hours 925-937-6350. Dr. Lacrampe can be reached after hours on his mobile phone at (925)-518-5973