



HOME CARE INSTRUCTIONS
After LANAP® Laser Treatment

1. Do not be alarmed with any color changes or appearance of gum tissue following laser therapy. Gum tissue can turn gray, yellow, red, blue, purple, and "stringy" and reflects a normal response to laser treatments.
2. Dental laser procedures result in little or no discomfort following surgery. Take prescribed medications according to instructions.
3. Carefully avoid chewing food in the areas of the mouth where the laser has been used. One of the most important results of laser surgery is the healing that occurs following the initial procedure. It is extremely important not to dislodge the tiny clots (scabs) that form in the gums. Avoid using straws for the first week to prevent disturbing blood clots.
4. Daily Care:
 - ◆ Using a manual toothbrush. Brush the teeth on the tooth surface only. Do not stick the bristles into the gums.
 - ◆ Brush the chewing surfaces of the teeth.
 - ◆ Avoid using water pik or floss for the first 4 weeks.
 - ◆ During the first two weeks, eat only soft foods; no chewy, hard or crunchy foods.
 - ◆ Avoid spicy or excessively hot foods. Do not chew where the surgery was performed.
 - ◆ Avoid carbonated drinks for the first two weeks.
5. The length of time it takes for the gums to heal depends upon the severity of the disease. Most healing in the surface areas takes 2 – 4 weeks. Deeper pocket areas may take several months to completely heal.
 - a. Soft Diet until: 2 weeks
 - b. Gentle brushing until: 2 weeks
 - c. Avoid flossing until: 4 weeks
 - d. Resume normal diet: after 2 weeks
 - e. Resume normal brushing: after 2 weeks
 - f. Resume normal flossing: after 4 weeks
6. Avoid smoking and alcohol for at least one week after surgery, as both can delay healing and increase the risk of infection or complications.

SPECIAL INSTRUCTIONS: