

## HOME CARE INSTRUCTIONS FOLLOWING LASER THERAPY

1. Dental laser procedures result in little or no discomfort. We typically do not recommend any medications.
2. It is very important to avoid dislodging the sticky blood clot that forms around the treated area. The following guidelines will help ensure that you do not disrupt the healing process.
3. The first 2 days following treatment:
  - Avoid acidic, rough or crunchy foods ( chips and salsa, citrus fruits, crusty bread, fried foods, vinegar based salad dressings, raw veggies, popcorn, nuts, etc.)
  - Suggested foods: pasta, eggs, soup, fish, chicken, cooked veggies, yogurt.
  - Do not floss lasered area.
  - Clean the treated area using light, electronic or manual brushing. Brush by placing the toothbrush on the gums just below the tooth. If using a manual brush, carefully roll the bristles toward the tooth surface. DO NOT place the bristles INTO the gums or BELOW the gumline.
  - Start flossing after 2 days of treatment. Floss 1x/day.
4. Resume your normal hygiene techniques of the treated area beginning 48 hours following treatment. (Your dental hygienist will make specific recommendations that may include a Sonicare toothbrush and/or Waterpik as well as floss)