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## Instructions following - (Pocket Reduction LASER Surgery)

1. Upon arrival at your home, remove any gauze that may have been used to control bleeding and take your **Antibiotic and Ibuprofen**. Take these medications as directed until completed. If you were prescribed Peridex mouth rinse, you will need to rinse (1 full minute, then spit) after putting anything in your mouth besides water. (Take all medications after drinking/eating unless otherwise directed by your pharmacist or doctor)  
\*\* Make sure you continue to take your daily vitamins and any medications you routinely take \*\*
2. For patients who were sedated using **Xanax: Warning...Be aware of airway constriction while patient is sleeping / resting. Prop head with pillow.** If you were given a prescription for Lortab, do not give the patient the Lortab unless it is bedtime and they are in severe pain. Then give only ½ of the Lortab to the patient and wait 1 hour, if still in pain, give remaining ½ of Lortab. From then on, give Lortab as needed for pain as prescribed. You will probably have soreness/pain in the surgery area today, tonight and possibly longer. If pain becomes severe and the pain medication does not relieve pain at all, please call the office.
3. You will probably have slight bleeding and a pink color to your saliva the rest of the day. Holding small amounts of ice water in your mouth will usually stop any slight oozing. Direct pressure applied to the area for 3-5 minutes is the best way to control light bleeding. However, if there is excessive bleeding the day of surgery or continual bleeding the day after surgery, please call the office.
4. **DO NOT BRUSH, FLOSS OR EAT IN THE SURGERY AREA.** This requirement is in effect until you see the doctor at your post-op appointment. You can brush the other areas of your mouth according to proper oral hygiene instructions.
5. **DO NOT USE STRAWS** or smoke the first week PERIOD. These will cause a worsening or failure to heal.  
The more you smoke, the slower you will heal.
6. Do NOT exercise or do any physical labor for the first 3-5 days after surgery. In some cases, this will need to be extended to a full week before you perform physically. If you are unsure, don't do it.
7. Drink plenty of fluids but **avoid** alcoholic beverages for at least 2 full days after surgery.
8. During the healing process, you may form a 'white scab' like tissue around your teeth. Do not be alarmed! This is normal healing and the scab is acting as a 'band-aid' between your gums and teeth. It is very important that you do not brush this scab away or you will have increased pain.
9. Try to take it easy and rest! Your body should be spending most of its energy healing. Keep your head elevated by relaxing in a chair or using an extra pillow on your bed or couch. It is most important that you maintain a nutritious diet during the weeks following surgery
10. Sensitivity to cold / hot is expected for up to 4-6 months after the procedure.

## Continued.....Instructions following –Laser Periodontal Surgery

### Eating instructions

#### First 3 days

You will be on a **cold liquid diet ONLY** (*remember....NO STRAWS or smoking*) \*\* This is to protect the clot that is acting as a “band-aid” between the gum and teeth \*\* *Do not bite down / chew in the surgery area. No brushing or flossing.*

#### From 4th day until your 1st Post-Op appointment

You will be allowed to eat mushy cold or room temperature foods. (*examples of **mushy** foods provided below*) *Do not bite down / chew in the surgery area. No brushing or flossing.*

\*\* You will need to rinse with Peridex mouth rinse after eating anything to clean out any food that may have entered surgery site. You will be given further instructions at your appointment.

Do not eat or drink anything HOT for at least 1 week after surgery

#### Starting from your 1st Post-Op appt through your 2nd Post-Op appt

You may begin to eat ‘SOFT’ foods but DO NOT EAT MEAT OR FISH, except *broiled fish*.

You may begin brushing with a soft / super-soft toothbrush only (*examples of **soft** foods provided below*)

#### After you 2nd Post-Op appt

You may return to your regular diet. You may brush & floss normally but do not start to use an ELECTRIC TOOTHBRUSH for another 2 weeks.

#### NOTE

~ The length of time it takes for the gums to heal depends upon the severity of the disease / condition. Most healing in the surface area takes 2-4 weeks. Deeper pocket areas may take several months to completely heal.

#### Examples of MUSHY foods

Anything put through food blender, cream of wheat, oatmeal, malt-o-meal, mashed potatoes, baked potatoes with butter/sour cream, mashed banana, mashed avocado, applesauce, any mashed/blended **seedless** fruit, broth, creamed soup, mashed yams, baked sweet potato, baked butternut squash, cottage cheese, cream cheese, soft cheese, creamy peanut butter without solid pieces, eggs of any style with/without cheese, omelets with cheese/mashed avocado, Jello, pudding, ice-cream, yogurt, milkshakes, smoothies, Ensure, Boost, Slim-Fast, nutritional drinks. (**remember....NO STRAWS**)

#### Examples of SOFT foods

Broiled fish, cooked pasta, soups, cooked rice, vegetables cooked thoroughly & any food that is NOT crunchy. (Remember: NO MEATS)