

POST-OPERATIVE INFORMATION & INSTRUCTIONS

The following suggestions and reminders will be beneficial to your post-operative progress and will aid considerably in promoting comfortable healing. Please read the instructions carefully and follow the recommendations. If you have any questions or concerns, please do not hesitate to contact me after office hours at my home number, 256-767-4234. If you cannot reach me at home, call the office numbers listed on the back of this page.

MEDICATIONS: Take the following medications as directed:

- a. _____
- b. _____
- c. _____
- d. _____

Diet Instructions:

- **Day 1-3** – follow only a liquid-like diet to allow healing. Anything that could be put into a blender to drink is ideal. The purpose of these dietary guidelines is to protect the blood clot that is acting as a bandage between the gum and the teeth. Do not drink through a straw, as this creates a vacuum in your mouth that can disturb the bandage.
- **Day 4-7** – foods with a “mushy” consistency such as those listed on the back are recommended.*
- **Day 8 through 3 months** – soft foods are allowable. Soft foods are those with the consistency of pasta, fish, chicken, or steamed vegetables. You may then add back your regular diet choices gradually.
- **Please remember** even after three months, healing is not complete. The first three months following treatment you should continue to make smart food choices. Softer foods are better, and taking daily vitamins is important.

***“Mushy” Diet Suggestions:**

- Anything put in a blender
- Cream of wheat, oatmeal, malt-o-meal
- Applesauce, or any mashed/blended fruit except berries with seeds
- Creamed soup
- Mashed or soft vegetables
- Cottage, cream, or soft cheese
- Creamy peanut butter without nuts
- Eggs any style, with or without melted cheese
- Jell-O, pudding, ice cream, or yogurt
- Milkshake or smoothies – okay to blend with fruit, except strawberries

Avoid:

- Chewing gum, candy, cookies, chips, or nuts
- Anything hard or crunchy
- Anything that has seeds or hard pieces
- Meat that shreds and can lodge under the gum and between teeth
- Raw vegetables or salad

ORAL HYGIENE INSTRUCTIONS:

- a. You will notice a reddish ring around the gumline of the treated teeth. This is the seal created by the laser, and it is supposed to be there. Do not remove it. In 2-3 days, it will turn white and look like food debris, but again, do not remove it. It is a natural bandage that is essential to the healing process.
- b. Do not clean the treated area with a toothbrush, floss, or toothpick during the first two weeks following treatment. We will coach you on toothbrushing at your first scheduled follow-up appointment.
- c. Begin using the Peridex rinse the first night after the procedure and continue to use it according to the directions for the entire time that you are not brushing. Rinse gently, not vigorously.
- d. We will coach you on additional cleaning techniques at the first polishing appointment, approximately 1 month following treatment.
- e. Electric toothbrushes, such as Sonicare, may be used at 3 months.

CONTACT ME IMMEDIATELY IF YOU HAVE ANY QUESTIONS.

HOME: 256-767-4234

OFFICE: FLORENCE-256-760-8000; MADISON- 256-774-8150