



LINCOLN DENTAL CARE
1122 E. Lincoln Ave., Suite 114
Orange, CA 92865
Tel: (714) 637 5222

Home Care Instructions

Following Laser Assisted Periodontal Therapy

Dental laser procedures result in little or no discomfort following treatment. Take prescribed pain medication according to instructions if needed. One of the most important results of laser surgery is the healing that occurs following the initial procedure. It is important not to dislodge the tiny clots (scabs) that form in the gums.

Postoperative Care:

- 1. Soft foods are preferred while undergoing treatment.** Eat soft, but nutritious food such as eggs, yogurt, cheese, ice cream, etc. Avoid spicy or crunchy foods.
- 2. Gentle tooth brushing while undergoing treatment and for 2 weeks afterwards:** Brush the teeth by placing the bristles of the brush on the gums below the tooth and carefully rolling the bristles towards the tooth surface; do not stick the bristles into the gums. Brush the chewing surfaces of the teeth.
- 3. Gentle flossing after 1 month only!** While undergoing treatment, only floss the untreated areas. After completion, wait 1 month before flossing. When flossing, carefully place the floss between the teeth and avoid pushing the floss under the gums for the first 2 months. Resume normal flossing after 2 months.

The initial stage of gum disease dictates the length of time it takes for the gums to heal. Most healing takes place in the first 5-6 weeks. Deeper pocket areas may take several months to completely heal. Follow-ups, at 3-month intervals, during the 1st 12 months after treatment are paramount for treatment success.

Do not be alarmed that, beginning with just a month after therapy and extending as much as 12 months, or more, the teeth may become temperature sensitive. This is a sign of healing as the ligaments around the teeth regenerate and become firmer, but it can also indicate the presence of a bite imbalance that needs to be addressed.