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HOME CARE INSTRUCTIONS AFTER LASER TREATMENT

- Periodontal therapy using the laser is very PATIENT FRIENDLY. Little or no discomfort will be experienced. Ibuprofen or Tylenol should cover post-operative discomfort. It is best for the first 24 hours to keep an analgesic in your system.
- No brushing or flossing at all in the treated area for 24 hours. This allows healing to begin undisturbed. Gentle brushing can be resumed after 24 hours with a manual toothbrush that has been run under hot water to soften the bristles. No electric toothbrush for 1 week.
- Avoid acidic, rough and crunchy foods for the first 24 hours after treatment. Resume normal eating habits after the 1st day.
- Contact flossing only for the first week after treatment. Avoid pushing the floss under the gums for 1 week. Resume normal flossing routine after 1 week.
- The treated area will feel differently to the tongue, much like recession. However, once infection is removed, the tissue is laying tighter against the tooth.

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