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**PATIENT INSTRUCTIONS FOLLOWING LASER PERIODONTAL (GUM) SURGERY**

- 1) Reduce activity several hours following surgery.
- 2) It is OK to spit, rinse and wash your mouth today. Rinse as directed with Peridex or Periogard morning and night. In between it is OK to rinse gently every three (3) hours with warm salt water (1/2 teaspoon of salt dissolved in an 8 oz. glass of warm water) Do not chew on the side that your mouth that has been treated.
- 3) Do not apply excessive tongue or check pressure to the surgerized area.
- 4) Do not eat spicy or excessively hot foods.
- 5) Try to keep your mouth as clean as possible in order to help the healing process. Brush, floss and follow other home-care measures in all of the areas of your mouth except for the surgerized area.
- 6) Do not be alarmed if one of the following occurs:
  - a) Light bleeding
  - b) Slight swelling
  - c) Some soreness, tenderness, or tooth sensitivity
  - d) Medicinal taste, from Peridex or Periogard
- 7) The surgical pack is placed on the area to prevent food, trauma and/or smoke from irritating the surgerized tissues. If a piece of the pack falls out or if the entire pack loosens or falls out, do not be alarmed. If the pack should come off and you are smoking, do give the office a call.
- 8) Swelling may possibly occur. To keep this at a minimum, gently place an icepack on the outside of the face for 20 minutes each hour until you retire for sleep that night. Do not continue using the icepack beyond the day of periodontal surgery.
- 9) Some oozing of blood may occur and will appear to be greatly exaggerated when it dissolves in saliva. Determine the side oozing and place pressure on this area. If you cannot locate the of the bleeding, rinse your mouth gently with iced water and apply a wet tea bag to the general area. If excessive bleeding continues, please call the office.
- 10) It is very important to maintain a good food and fluid intake. Try to eat soft but nutritious foods such as eggs, yogurt, cottage cheese, malts, ice cream, ect., until you can comfortably return to a normal diet.
- 11) If medication has been prescribed, please take exactly as directed.
- 12) Please call the office so that we may render further treatment if any of the following occurs:
  - e) Prolonged or severe pain, or swelling
  - f) Prolonged or excessive bleeding
  - g) Considerably elevated or persistent temperature
- 13) Do not be alarmed that beginning with just two (2) weeks after Laser Gum Therapy, and extending as long as one year or more, the teeth may become sore and tender as the bone and ligaments around the teeth regenerate and become more firm. This is a sign of healing, but also indicates the presence of a bite imbalance that needs to be adjusted.

**I acknowledge that I have received and understand the above instructions on procedures following laser gum surgery.**

X \_\_\_\_\_

*Patient's Signature*

*Date*