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## Patient Instructions Following Laser Surgery

1. Do not be alarmed with any color changes or appearance of tissues following laser therapy. Tissues can be gray, yellow, red, blue, purple, “stringy” and reflect normal response to laser treatments.
2. Reduce activity for several hours following the surgery.
3. Prescriptions given in relationship to this surgical appointment should be brought with you to the appointment. Please pick up your \_\_\_\_\_ medications at \_\_\_\_\_ on \_\_\_\_\_.
4. Rinse gently as directed with Peridex or Periogard morning and night. Roll it from side to side and avoid puffing the cheeks or swishing vigorously. The gentler the better. In between, it is okay to rinse gently every three (3) hours with warm salt water (½ teaspoon of salt dissolved in 8 oz. warm water). Do not chew on the side of your mouth that has been treated.
5. Do not use a drinking straw.
6. 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 the areas of your mouth **EXCEPT** for the surgery area. Leave this area alone.
7. Do not apply excessive tongue or cheek pressure to the surgery area.
8. 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)
9. A surgical pack is sometimes placed on the area to prevent food, trauma and/or smoke from irritating the treated tissues. If a piece of the pack falls out or if the entire pack loosens or falls out, do not be alarmed.

10. Swelling may possibly occur. To keep this at a minimum, gently place an ice pack on the outside of the face for 20 minutes each hour until you retire for sleep that night. Do not continue using the ice bag beyond the day of the periodontal surgery.
11. Some oozing of blood may occur and will appear to be greatly exaggerated when it dissolves in saliva. Determine the side of oozing and place pressure on this area. If you cannot locate the origin 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.
12. It is very important to maintain a good food and fluid intake. For the first three days eat as close to a liquid diet as possible. Ice cream, smoothies (without seeds), protein shakes, instant breakfast, etc. are all fine. Try to eat soft but nutritious food such as eggs, yogurt, pasta, cottage cheese, applesauce, etc., until directed to return to a normal diet.
13. Take all prescribed medications as directed.
14. Tobacco and alcohol use is to be avoided as this will impair healing.
15. Please call the office so that we may render further treatment if any of the following occurs:
  - a. prolonged or severe pain
  - b. prolonged or excessive bleeding
  - c. considerably elevated or persistent temperature
16. Do not be alarmed that beginning within just 2 weeks after therapy and extending as long as 1 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 may indicate the presence of a bite imbalance that needs to be adjusted.
17. "Spaces" between your teeth can result from reduction of inflammation, swelling and the removal of diseased tissue after the surgical treatment. These spaces usually fill in over time, and again, bit adjustment is critical to making sure the teeth and the "papilla" is not traumatized and can regrow.
18. If you have any concerns not addressed above, please call the office during regular business hours, or if needed, call Dr. Byerly after hours at **336.266.8917**.