

**PATIENT INSTRUCTIONS FOLLOWING  
LASER PERIODONTAL (GUM) DISEASE THERAPY (LPT™)**

Dr. Benjamin Williams  
(256) 231-0077 Office

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. You may return to your normal activity one day following surgery however, avoid high energetic activities for at least 3 days.
3. Do not rinse the first two hours after surgery. Avoid chewing on the side of your mouth which has been treated. You will not be able to brush or floss the surgical area for two weeks. Use the prescribed mouth rinse twice a day. Brush and floss all other areas of your mouth. **It is extremely important you do not disturb the surgical area for two weeks.**
4. Do not eat spicy or excessively hot foods.
5. Do not apply excessive tongue or cheek pressure to the surgical area.
6. Do not be alarmed if one of the following occurs:
  - a. Light bleeding
  - b. Slight swelling
  - c. Some soreness, tenderness, tooth sensitivity or recession of gums
  - d. Medicinal taste, from the prescribed mouth rinse.
7. Swelling may 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. One day following surgery, rinse with warm salt water. If swelling in the neck (lymph nodes) occurs or an increase in body temperature (fever), contact Dr. Williams.
8. 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.
9. It is very important to maintain a good food and fluid intake. Adequate nutrition and rest is essential for normal healing. A high protein diet is desirable, try to eat soft but nutritious food such as eggs, yogurt, cottage cheese, malts, ice cream, etc., until you can comfortably return to a normal diet. Also avoid energetic activities- **REST**.
10. Take prescribed medication as directed. **We recommend alternating every 2 hours with your prescription pain medication and 800mg of Ibuprofen (Advil). If you opt not to take your prescription pain medication, which many people find they do not need, I strongly urge you to take the 800mg of Ibuprofen (Advil) every 4 hours for at least 3 days.** *If taking pain medication do not drive an automobile or work near dangerous machinery after taking prescribed meds.*
11. Do not be alarmed that beginning with just 2 weeks after therapy and extending as long as 1 year or more, the teeth may become sore, tender, or sensitive 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.

**NOTE:** If you have uncontrolled bleeding, swelling, discomfort, rash or questions, please call us at (256) 231-0077.