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## Patient Self- Care Following Laser Surgery (LANAP)

**ACTIVITY:** Reduce activity for several hours following the surgery. Do not apply excessive tongue or cheek pressure to the surgery area(s).

**DISCOMFORT:** Some discomfort may be present when the anesthesia wears off. You have been given a prescription for Ibuprofen, anti-inflammatory (NSAID) analgesic, assuming it is not contra-indicated per your health history. If you are experiencing uncomfortable pain, you may add Tylenol (up to 1000 mg) every 6 hours. Once the anesthesia wears off from the appointment most are comfortable with the Ibuprofen only. If you are not comfortable, follow this regimen: 800 mg ibuprofen + 1000 mg of Tylenol (acetaminophen) for one to three 6-8 hour cycles. Then, try to cut down on the Tylenol by taking 800 mg of ibuprofen and 500 mg of Tylenol. Try this regimen for a few days. Studies show this regimen is actually more powerful than the use of narcotics.

**ORAL HYGIENE:** 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(s). It is OK to spit, rinse, and wash your mouth today. You've been given a Post Operative bag with all of the items you will need. The operated areas should be gently swabbed with a swab sponge saturated with the rinse as a last oral hygiene procedure before bedtime, again in the morning.

**Week 1:** Sponge 2 times per day in all treated areas, rinsing your sponge between the morning and evening applications. Rinse gently with warm salt water every few hours not with medicated rinse.

**Week 2:** Use the Post Surgical tooth brush 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 also the chewing surfaces of the teeth.

**Week 3:** Begin brushing with a soft bristled tooth brush using light pressure in a circular motion. Do not use a power tooth brush. Floss by carefully placing the floss between the teeth and avoid pushing under the gums.

**Week 4:** Brushing with a power tooth brush may resume **IF** the tooth brush has soft bristles. Floss as listed above

**SWELLING:** 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.

**BLEEDING:** 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.

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**EATING AND DRINKING:** It is very important to maintain a good food and fluid intake. 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. Do not chew on the side of your mouth, which has been treated. Do not eat spicy, crunchy or excessively hot foods.

**Week 1:** Follow a soft food diet only eating pasta, eggs, pudding, Jell-O, mashed potatoes, hummus, cottage cheese, oatmeal, milkshakes, Ensure or other nutritional drinks etc. (eat with a spoon not a straw)

**Week 2:** Continue to follow a soft food diet adding foods that can be cut with a fork such as boiled chicken or fish. Avoid meat that is shredded and can lodge under the gums and between teeth.

**Week 3: Healing is still not complete. Continue soft food diet and slowly graduate to more consistent textures**

**DO NOT BE ALARMED:** It is not uncommon to experience the following

- Light bleeding
- Slight swelling - this can be avoided by icing in the first 24 hours and following the protocol
- Some soreness, tenderness, or tooth sensitivity
- Medicinal taste, from your rinse
- 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. We will check the occlusion/bite at every post operative appointment you have following the surgery.

Please call the office so that we may render further treatment if any of the following occurs:

- Prolonged or severe pain
- Prolonged or excessive bleeding
- Considerably elevated or persistent temperature.

We want your treatment to provide as positive a healing experience as possible. If you are having any problems or have any questions not covered in these guidelines, please feel free to call us at any time. The doctor can be reached after hours at 317-842-2273