

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

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. It is OK to gently spit, rinse, and wash your mouth today. Rinse as directed with the prescribed rinse (Peridex, Periogard or Chlorhexidine) 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 8oz. glass of warm water). Do not chew on the side of your mouth which has been treated.
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 the areas of your mouth except for the surgerized area.
6. Do not apply excessive tongue or cheek pressure to the surgerized area.
7. 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, Periogard, or Chlorhexidine.
  - e. Superficial staining of teeth from the medicinal rinse. We will remove the stains.
8. If a surgical pack is used it 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 (Most of the time no pack is used).
9. 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.
10. Some oozing of blood may occur and will appear to be greatly exaggerated when it dissolves in saliva. Determine the site of oozing and place pressure on this area. If you cannot locate the origin of the bleeding, rinse your mouth gently with ice water and apply a wet tea bag to the general area. If excessive bleeding continues, please call the office or Dr. Rabalais after office hours.
11. 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.
12. If medication has been prescribed, please take exactly as directed. If you were given a prescription for Etodolac take one tablet with food one hour before your appointment. Take another tablet 8 hours after the first dose. Take 2 Extra Strength Tylenol tablets between the Etodolac doses. In other words about 3 to 4 hours after you have taken the Etodolac you will take 2 Tylenol tablets. We have found that this medication combination works extremely well.
13. 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.

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