



MOUNTAIN TOP
periodontics & implants

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(303) 740-0080

LANAP POST-OPERATIVE INSTRUCTIONS

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. Avoid exercising or elevating your heart rate for at least 7 days following treatment.
3. Do NOT rinse or spit today. You can start this the day after treatment.
4. Do NOT brush, floss or use any dental irrigators at all in any areas treated, for 7 days or until further notice. Brushing and flossing is ok in all other areas.
5. Do NOT smoke, this delays healing and increases risk of infection.
6. Do not be alarmed if one of the following occurs:
 - a. Light bleeding
 - b. Slight swelling
 - c. Some soreness, tenderness, or tooth sensitivity to temperature
 - d. Medicinal taste, from chlorhexadine
7. Swelling may occur. To keep this at a minimum, gently place an ice pack on the outside of the face for 20 min each hour. Icing is more effective when done in the first 24 hours.
8. Some oozing of blood may occur and will appear to be greatly exaggerated when it dissolves in saliva. Determine the origin of bleeding and apply pressure. A very good remedy to bleeding is wetting a Lipton tea bag and applying it to the bleeding site. If excessive bleeding continues please call our office.
9. Please call us 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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