



MOUNTAIN TOP

PERIODONTICS & IMPLANTS

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LANAP Post-Operative Instructions

Dear Patient:

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. No drinking through a straw for 2 weeks.
4. Do NOT brush, floss or use any dental irrigators at all in any areas treated, for 7 days or until further notice. If given a red brush at surgery, use as directed by the doctor. Brushing and flossing is ok in all areas that were not treated.
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 chlorhexidine
7. PAIN: I recommend trying 2 EVERY 2 (2 200 mg ibuprofen tablets (Advil, Motrin), wait 2 hours and then take 2 325-500 mg acetaminophen tablets (Extra-strength Tylenol) for the first 3 days following surgery. You should try to consistently take the ibuprofen (you may take up to 800 mg every 6 hours) for the entire first week. Acetaminophen is a pain reliever but does NOT reduce inflammation. Most of your pain is associated with inflammation and ibuprofen or naproxen will help the most in reducing inflammation.
8. 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 24-48 hours. Avoid eating hot foods for the first 2 weeks.
9. 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.
10. 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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