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## LASER POST-OP INSTRUCTIONS:

1. Dental laser procedures result in little or no discomfort. If you experience soreness, it will typically resolve within 2-7 days. If needed, take an analgesic such as Ibuprofen or Acetaminophen every 4-6 hours or as directed.
2. Laser therapy promotes profound healing of the gum tissues. It is very important to avoid dislodging the sticky blood clot that forms around the treated area. The following guidelines will help ensure that you do not disrupt the healing process.
3. The first 24 hours following treatment:
  - Avoid acidic, rough or crunchy foods & beverages
4. The first week after treatment:
  - Clean the treated area using light, electronic or manual brushing. Brush by placing the toothbrush on the gums just below the tooth & brush away from the gums. If using a manual brush, carefully roll the bristles down toward the tooth surface. DO NOT place the bristles INTO the gums or brush into the gums.
  - Floss the treated area with care to dislodge food debris. Slide the floss gently between the teeth and avoid pushing the floss under the gums. If flossing is difficult, resume usual flossing routine 5-7 days post treatment.
5. Resume your normal eating habits 24 hours after treatment.
6. Resume your normal hygiene techniques of the treated area beginning one week following treatment.
7. If you wear a retainer, take a 24 hour break from wear of the retainer on the arch that has been treated with laser therapy. On day two, if the laser is not irritating or compressing your gum tissue too much, you can resume retainer wear.
8. Do not smoke or use tobacco products following laser treatment for a minimum of 6 hours but preferably 48 hours following treatment.
9. It's normal to experience minor hot, cold, or sweet sensitivity after treatment. This is because your tissue shrinks following gum surgery and your root surfaces can become exposed. If this happens, try using a fluoride or desensitizing toothpaste throughout the healing process.

10. You may notice for the first 3 to 4 days that the treated area will be sensitive to hot, spicy and acidic foods. This doesn't mean you can't have these foods, just be a bit more careful.

11. Gingival tissue can grow back with time, especially if oral hygiene is not a priority. If tissue does grow back, crown lengthening (surgical removal of bone) may need to be discussed with your dentist.