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POST OPERATIVE INSTRUCTIONS FOLLOWING LASER PERIODONTAL DISEASE THERAPY

- Anti-microbial rinses and antibiotic medications may be prescribed for you. Take any prescribed medications according to directions and continue taking until all medications are gone.
- 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 a normal response to laser treatments.
- Reduce physical activity for the first 48 hours following surgery to allow your body to heal.
- No drinking from a straw or directly from a bottle. Also, avoid drinking any carbonated beverages.
- No smoking following the procedure (ideally for at least 48-72 hours).
- Rinse as directed with Chlorhexidine in morning and night on the 3rd day after surgery. Do not brush or floss your teeth in the surgical area until you return to our office for your post-op appointment.
- If you are having procedure in a localized area, brush, floss, and follow other home care measures in all the areas of your mouth except for the surgical site. Try to keep your mouth as clean as possible in order to help the healing process.
- Do not apply excessive tongue or cheek pressure to the surgical area.
- Do not be alarmed if one of the following occurs:
 - Slight swelling
 - Light Bleeding
 - Some soreness, tenderness, or tooth sensitivity
 - Medicinal or metallic taste, from Chlorhexidine Rinse.
- Please call the office at **910-256-8486** if you are experiencing any of the following signs and symptoms:
 - Prolonged or severe pain
 - Prolonged or excessive bleeding
 - Considerably elevated or persistent temperature/fever
- Do not be alarmed that beginning within two weeks after therapy and extending as long as one 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 may also indicate the presence of a bite imbalance that may need to be adjusted.

After hours: Dr. Deana can be reached by cell: **919.749.2070.**

Dr. Phyllis can be reached by cell: **910.262.8486.**

If for any reason you cannot reach either doctor please contact your general dentist.