

Dr. John L Potter DMD
3131 College Heights Blvd.
Allentown, PA 18104
(610) 433-2300

POST OPERATIVE INSTRUCTIONS – LASER THERAPY

1. One of the most important results of laser surgery is the healing that occurs following the initial procedure. It is **extremely important not to dislodge the blood clot that forms around the gums as a result of your treatment.** This will thicken into a fibrin cloth that will remain for 3 – 7 days and should not be disturbed. Therefore, oral hygiene techniques must be altered during the healing.
2. **DO NOT RINSE, SWISH OR GARGLE WITH ANY LIQUIDS FOR THE FIRST 24 HOURS AFTER TREATMENT OR DRINK FROM A STRAW.**
3. **SALTWATER RINSE OR PRESCRIPTION RINSE ONLY AFTER THE FIRST 24 HOURS, SEVERAL TIMES A DAY TO HELP KEEP AREA CLEAN.**
4. Antibiotics and Ibuprofen may be prescribed, please use as directed.
5. During the first week, eat only soft foods. Do not chew where the laser treatment was performed. A liquid dietary supplement may be recommended for the first 24- 48 hours.
6. Laser procedures may result in mild discomfort following treatment. Non-narcotic medications such as Ibuprofen or Tylenol may be adequate for pain control. Take prescribed pain medications according to instructions as necessary.
7. After 5 – 7 days, you may start to gently brush the top surface of the teeth where the laser treatment was performed, staying away from the gum line. You may also resume a more normal diet.
8. Most healing on the surface areas takes 2 – 4 weeks. Deeper pocket areas may take several months to heal completely.
9. **Dr. Potter would like to monitor you closely and provide professional cleaning around the teeth over the next few months to ensure the best results.**
10. Periodontal cleanings within 9 months after laser treatment should be provided here at Dr. Potter's office, to ensure nothing is disturbed in the area of the treatment.
11. If you are currently taking oral contraceptive medication please beware that any **antibiotics taken can interfere with the birth control** for one full cycle.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL US AT: 610-433-2300
In case of emergency after hours please contact Dr. Potter cell phone: 610-331-8451