



## Post-op Laser Instructions

After laser dental procedures there are a few things to remember:

You may experience some minimal discomfort after having laser treatment. Each patient will vary with the sensitivity they experience. We have found that this initial discomfort is easily relieved in most cases by taking 800mg of Ibuprofen every 8 hours as needed—not to exceed 3200 mg in a 24-hour period. If your sensitivity cannot be managed with ibuprofen, please call our office.

You may notice some slight sloughing of tissue which is completely normal. Running a soft tooth brush or soft wash cloth lightly over the area will remove this excess tissue that is just a result of your tissue healing

It's extremely important to keep your gums as healthy as possible between your preparation and cementation appointments. **The following regiment is essential:**

Swab with hydrogen peroxide at the gum line around the temporary 2 to 3 times daily until your next appointment.

Swab with 50/50 solution of Perio RX and water morning and evening until your next appointment.

Rinse with warm salt water 3-5 days after procedure. (1tsp. salt to 8 oz of warm water.)

Floss twice a day until your next appointment.

Should you have any questions or discomfort that was not addressed by Dr. Katie To, please call our office.