



## BOSTON PERIODONTICS & DENTAL IMPLANTS

Marc L. Nevins, D.M.D., M.M.Sc., P.C.

### *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 clot 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 the first 24 hours after surgery.**
3. Antibiotics and or Antimicrobial mouth rinse may be prescribed, please use as directed.
4. During the first week, eat only soft foods. Do not chew where the surgery was performed. A liquid dietary supplement may be recommended for the first 24-48 hours.
5. Laser procedures may result in mild discomfort following surgery. Non-narcotic medications such as Ibuprofen or Tylenol may be adequate for pain control. Take prescribed pain medications according to instructions as necessary.
6. 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.
7. Most healing on the surface areas takes two to four weeks. Deeper pocket areas may take several months to heal completely.
8. Dr. Nevins would like to monitor you closely and provide professional cleaning around the teeth over the next few months to ensure the best results.
9. Periodontal cleanings within 9 months after the surgery should be provided here at Dr. Nevins office, to ensure nothing is disturbed in the area of the surgery.

10. 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 questions, please call us at: 617-720-0285

***In case of emergency after hours please call Dr. Nevins' cell phone:  
(617) 901-0647***