



## LASER ASSISTED SURGERY Post-operative Care and Instructions

### 1. HEALING OVERVIEW:

Healing occurs at an individual's own rate and is affected by outside influences such as smoking or failure to follow the specifics of the post-operative care instructions. The primary reason for the following instructions is to protect the regeneration of your periodontal tissues during healing. Please follow the instructions exactly as written.

### 2. EATING AND ORAL HYGIENE:

#### a) Mouthwash:

- Begin rinsing with Peridex (chlorhexidine) the day after surgery. Rinse with ½ oz. of Peridex for 30 seconds only, then spit it out. Do not rinse, brush, eat, drink or smoke for 1 hour after rinsing. Continue to use Peridex until we see you at your 2-week appointment.

#### b) Brushing / Oral Hygiene:

- First week: Rinsing with Chlorhexidine only. (NO brushing or flossing)
- Week 1 to 6: Brush your teeth and **floss to the gum line only**, not under. When brushing, use soft bristle toothbrush only.
- Week 6 forward: Normal brushing and flossing
- At 2 months: Mechanical toothbrushes can be used.
- After 3 months: Oral irrigators (Waterpik) can be used.

#### c) Diet:

- Days 1 to 3: Liquid diet only (Blender, food processor, juicer, some soups).
- Days 4 to 7: Mushy diet (eggs, pudding, mashed potatoes, applesauce).
- Days 7 to 14: Soft foods (pasta, fish, chicken).
- Days 14 to 30: Continue smart food choices\*.  
(\*Avoid seeds, nuts, and popcorn – anything that can get lodged under the gum line.)

#### Mushy Diet Suggestions

- |                                  |                             |
|----------------------------------|-----------------------------|
| ▪ Mashed potatoes                | ▪ Bananas                   |
| ▪ Anything put through a blender | ▪ Yogurts                   |
| ▪ Cream of wheat                 | ▪ Mashed steamed vegetables |
| ▪ Oatmeal                        | ▪ Eggs of any style         |
| ▪ Breakfast shakes               | ▪ Jell-O                    |
| ▪ Protein shakes                 | ▪ Pudding                   |
| ▪ Milkshakes                     | ▪ Ice-cream                 |
| ▪ Smoothies                      |                             |
| ▪ Soups                          |                             |

Avoid anything hard or crunchy. Avoid anything that has seeds or hard pieces. Avoid meats that shred and can lodge in between the teeth. Avoid raw vegetables / salads.