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## **LASER POCKET THERAPY POST OPERATIVE INSTRUCTIONS**

**MEDICATIONS:** Medication prescribed by your physician should be taken as usual, unless you are told to do otherwise. Take PAIN MEDICATION before you begin to feel discomfort with fruit juice or a full glass of water. Never take pain medication on an empty stomach. If ANTIBIOTICS were prescribed, take them as directed until all have been taken. Patients taking birth control pills should be aware that ANTIBIOTICS could alter the effectiveness of the birth control pill. LISTERINE RINSE should be used twice a day starting the day after surgery. PHENERGAN may be prescribed to treat nausea. If Ativan or any sedative is prescribed YOU MUST HAVE SOMEONE DRIVE YOU FOR THE APPOINTMENT. Refer to “Medications for Periodontal Surgery” sheet for YOUR prescribed or recommended medications.

**BLEEDING:** We expect very little bleeding following a laser procedure. However, AVOID PEROXIDE, ALCOHOL, CARBONATED BEVERAGES, DRINKING STRAWS, AND SMOKING for at least 24 hours. If bleeding is noted, look in your mouth for dark purple colored blood clots. If blood clots are noted, remove them with wet gauze and then apply gentle pressure to the area with wet gauze. Contact Dr. White or Dr. Blansett if bleeding does not stop within 30 minutes.

**NUTRITION:** Adequate nutrition is essential for normal healing. The first 24 hours following surgery your diet should be restricted To COLD LIQUIDS. Dietary supplements, such as Instant Breakfast or Ensure, are good. Eat softer foods for a few days. Do not skip meals. It is not necessary to fast prior to surgery.

**ORAL HYGIENE:** Do not use a toothbrush for the first 24 hours after the laser procedure. Rinse with Listerine rinse two times per day for 2 weeks post-treatment. After 24 hours, start brushing with a soft brush and flossing. YOU CAN USE an ELECTRIC TOOTHBRUSH starting one week after surgery.

**REST:** Plan to rest the remainder of the day of surgery. After that time you should be able to return to your regular schedule, EXCEPT you should avoid strenuous activities for several days.

**QUESTIONS/PROBLEMS:** It is our sincere desire to have you as comfortable as possible during the healing period. If you have any questions or concerns, please don't hesitate to call. Office phone 479-631-6074. Dr. White's cell phone: 479-644-1087. Dr. Blansett's cell phone: 479-282-9448. (Phone calls only- No texts please.)