

**PATIENT INSTRUCTIONS FOLLOWING
LANAP PERIODONTAL (GUM) DISEASE TREATMENT (LPT™)**

1. Do not be alarmed with any color changes or appearance of tissues following laser therapy. Tissues can be gray, yellow, red, blue, purple, or “stringy” and these symptoms are reflecting normal responses to laser treatments.
2. Reduce activity for several hours following the surgery. No heavy physical activity during the next 24 hours. (Take it easy.)
3. It is OK to spit, rinse, and wash your mouth today. **Rinse as directed with PerioClear Mouthrinse 4-6 times per day** for 2 weeks. In between it is OK to rinse gently with warm salt water (1/2 teaspoon of salt dissolved in an 8 oz. glass of warm water). Do not chew on the side of your mouth, which has been treated.
- 4. Do not eat spicy or excessively hot foods.**
5. Try to keep your mouth as clean as possible in order to help the healing process. Brush, floss, and follow other home-care measures in all the areas of your mouth except for the surgery area. You may begin gently brushing in the surgical areas 5 days following surgery with further instruction to follow upon your one-week visit.
6. Do not apply excessive tongue or cheek pressure to the surgery area.
7. Do not be alarmed if one of the following occurs:
 - a. Light bleeding
 - b. Slight swelling
 - c. Some soreness, tenderness, or tooth sensitivity (MI-Paste is available for sensitivity)
 - d. Medicinal taste, from PerioClear
8. If you are a Tobacco user- Please refrain from any usage for the next 24 hours at least. The smoke or tobacco will irritate the tissues around the surgery site and prevent proper healing. (We really recommend 48 hours)
9. Swelling may possibly occur. To keep this at a minimum, be sure to take **Multizyme every waking hour** between meals. Also take the **Antibiotic prescription given to you** or the **Defense Plus**, it will enhance the immune system function. Take one tablet with three meals each day or as prescribed. If you do not have a Pro-biotic at home we recommend, **Ther-Biotic Complete**, we have it available.
10. Some oozing of blood may occur and will appear to be greatly exaggerated when it dissolves in saliva. Determine the side of oozing and place pressure on this area. If you cannot locate the origin of the bleeding, rinse your mouth gently with iced water and apply a wet tea bag to the general area. If excessive bleeding continues, please call the office.
11. It is very important to maintain a good food and fluid intake. Try to eat soft but nutritious foods such as eggs, yogurt, cottage cheese, etc. until you can comfortably return to a normal diet.
- 12. Please call the office so that we may render further treatment if any of the following occurs:**
 - a. Prolonged or severe pain
 - b. Prolonged or excessive bleeding
 - c. Considerably elevated or persistent temperature
13. Do not be alarmed that beginning within just 2 weeks after therapy (and possibly extending as long as 1 year or more) the teeth may become sore and tender as the bone and ligaments around the teeth regenerate and become more firm. This is a sign of healing, but also may indicate the presence of a bite imbalance that needs to be adjusted.