

INSTRUCTIONS FOR PATIENTS AFTER A LANAP THERAPY

REST: Please limit your physical activity. Avoid aerobic activity for 24-48 hours after surgery.

MEDICATIONS: Use your anti-inflammatory medication to help prevent swelling and discomfort. It is recommended to take 400-800mg Ibuprofen every 4-6 hours for the next 4-5 days. Do not exceed 2400mg in a 24-hour period. If you have been given an antibiotic, take as directed until all of the medication is used. If nausea, itchy skin, or rash develops after taking any of the medication, discontinue their use and telephone the office immediately.

BLEEDING: Bleeding is normal today. Do not be alarmed with any color changes or appearance of tissues following laser therapy. Tissues can be gray, yellow, red, blue, purple, “stringy” and reflect normal response to laser treatments. You may rinse your mouth gently with iced water or iced tea to help stop the bleeding. Avoid smoking and the use of alcohol as they will interfere with normal blood clotting and will irritate your mouth.

EATING: Liquid food only for seven days. Cold drinks are o.k.

MOUTHCARE: Please **DO NOT BRUSH** the area of surgery. Brushing the surgical area could affect the healing. Feel free to continue your regular oral hygiene on all other areas of your mouth. If we have prescribed a medicated mouth rinse (Peridex), please rinse once in the morning and once in the evening until your next appointment. If you would like to rinse more than that, warm salt water rinses are recommended throughout the day.

We are always available to answer your questions. Please feel free to call us anytime at 415-457-0343.