Menlo Park Dental Excellence-ChauLong T Nguyen Dental Corporation
ChauLong T Nguyen, DDS, MAGD, LLSR, AFAAID
905 Middlefield Rd, STE B, Palo Alto, CA 94301
Office #: (650) 838-0260 Email: chaulongdds@protonmail.com

AFTER LASER TREATMENT HOME CARE INSTRUCTIONS

1. Please take medication (*if only*) as prescribed by Dr. Nguyen. If you experience any discomfort, then please call Dr. Nguyen at the office (650) 838-0260 or after hours directly at (650) 270-6834.

2. Dental LASER procedures result in little pain or no discomfort following surgery. Take prescribed medications according to instructions *if needed*. Take 600 mg of Ibuprofen 3 times a day OR 500 mg of Tylenol Extra Strength 2 times a day for the first 2-3 days after the treatment.

3. Carefully avoid chewing food in the areas of the mouth where the LASER has been used. One of the most important results of LASER surgery is the healing that occurs following the initial procedure. It is extremely important to not dislodge the tiny clots (scabs) that form in the gums.

4. Rinse/swish/gargle your mouth gently with prescribed Periogard (Chlorhexidine Gluconate 0.12%) solution or warm/ saline (0.9% salt) water for 1 minute, Spit out. DO NOT eat or drink water or anything for 30 minutes after rinsing, twice a day for 5 days.

5. **Daily Care**:

    a. Brush the teeth only. Do not floss between the affected teeth or touch the gums for 5 days. Resume brushing & flossing teeth and gums as normal 5 days after surgery.

    b. When flossing, carefully place the floss between the teeth and avoid pushing the floss into the gums until instructed to do so.

    c. A soft diet is recommended during the first 24 hours after LASER.

    d. During the first week, do not chew where the surgery was performed.

6. The length of time it takes for the gums to heal depends upon the severity of the disease. Most healing in the surface areas takes 2-4 weeks. Healthy gum heals faster. Thin gum & gum around front teeth may take several months to mature and heal completely.