

### **After-Care Instructions: Periodontal Laser Treatment**

Proper care of the mouth following dental procedures can help reduce complications and speed the healing of the tissue.

- ✓ Keep gauze on the area for at least one hour. Do not eat or drink during this time.
- ✓ Following root scaling it is normal to experience some discomfort.
- ✓ You may take Tylenol every four hours for pain unless a Prescription has been given. Do not take Aspirin!
- ✓ Starting IMMEDIATELY after removing the gauze, rinse with warm salt-water (one tsp. Salt to 6 oz. of warm water). Rinse with the salt-water solution every hour for the remainder of the day. This will greatly help in the healing process and sooth discomfort.
- ✓ By the end of the first day you should be flossing, applying dental gel, and using your irrigation on the treated area as well as the rest of your mouth.

Daily cleaning, flossing, irrigation, salt-water rinses and use of dental gel is absolutely necessary to keep the area clean and free of the bacteria that causes plaque and calculus build-up during the healing period.

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