



Pure Zen Implant & LASER Perio
Implant, LASER & Cosmetic
Gum Treatments
LANAP-Certified Clinician since 2011

Next dose of ibuprofen: _____

Elizabeth M. Tandy, DMD, MS

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Patient instructions following LANAP® Treatment

1. Do not be alarmed with any color changes or appearance of gum tissue following laser therapy. Gum tissue can turn gray, yellow, red, blue, purple, and “stringy” and is considered a normal healing response to laser treatments.
2. Do not apply excessive tongue or cheek pressure to the treated area.
3. **Do NOT drink carbonated beverages or use straws until directed.**
3. Swelling may possibly occur. To keep this at a minimum, gently place an ice pack on the outside of the face for 20 minutes each hour until you retire for sleep that night. Do not continue using the ice bag beyond the day of the periodontal surgery.
4. 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.
6. Please call the office at **480-782-1131** 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.

After hours Dr. Tandy can be reached via her cell phone at **480-560-3479**.

7. **Take all medications as directed, especially if you have been prescribed ibuprofen (Advil, Motrin IB) as it is used primarily to minimize tissue swelling, and local inflammation that is a natural side effect of minor surgery as well as for pain control.**

8. Reduce physical activity for several hours following the surgery to maximize healing.
9. Try to keep your mouth as clean as possible in order to help the healing process. Only brush and floss the untreated area of your mouth. **Do not brush or floss the treated area until directed by your doctor – generally this is one week.**
10. You may **very gently** rinse your mouth the day of treatment – right before you retire for the night with warm salt water. Rinse your mouth gently 2 times a day for the first 3 days with your prescription rinse (CHX). In between those two rinses, rinse your mouth gently 3-4 times a day with warm salt water (1/2 teaspoon of salt dissolved in an 8oz. glass of warm water). Starting the 4th day, use both rinses as directed above, but rinse with vigor.
11. **You will be on a liquid-like diet for 3 days, then a diet of “mushy”/soft foods for 4 days, and then a diet of smart food choices for the remainder of the month.** It is very important to maintain a good food and fluid intake. Try to eat soft but nutritious food such as eggs, yogurt, cottage cheese, malts, ice cream, protein shakes, ensure, Carnation instant breakfast, etc., until you can comfortably return to a normal diet. Please refer to the Post LANAP® Treatment Diet Instructions (on the next page).
12. Avoid spicy or excessively hot foods during the initial 3 day liquid diet period.
13. Avoid vigorous physical activity the day of procedure. You may ease into your physical exercise program over the next two days following your procedure.
14. When eating do not chew on the side of your mouth which has been treated.
15. Do not be alarmed that beginning with just 2 weeks after therapy and 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 may also indicate the presence of a bite imbalance that may need to be adjusted at your follow-up appointments.
16. “Spaces” between your teeth can result from reduction of inflammation, swelling, and the removal of diseased tissue after the LANAP® treatment. These spaces usually fill in over time, and again, bite adjustment is critical to making sure the teeth and the papilla (gum tissue in between the teeth) are not traumatized and can re-grow.