



NEVINS DENTAL CENTER
Implant & Esthetic Dentistry

Post Operative Instructions - Laser Therapy

- The blood clot around your teeth will protect the healing from the surgery. It is extremely important not to dislodge the blood clot that forms around the gums. This will thicken into a fibrin clot that will remain for 3-7 days and should not be disturbed. Therefore, oral hygiene techniques must be altered during the healing.
- **Do not rinse, swish or gargle for the first 24 hours after surgery.**
- If you would like to rinse 24 hours after surgery, you may rinse with **OraCare**. OraCare is Activated Chlorine Dioxide and there is no burning, no staining, and it is sulfate free. This is a professional strength rinse and is available at Nevins Dental Center (it is only sold through dental offices).
- During the first week, eat only soft foods. Do not chew hard foods where the surgery was performed. A liquid dietary supplement may be recommended for the first 24-48 hours.
- Laser procedures may result in mild discomfort following surgery. Non-narcotic medications such as Ibuprofen or Tylenol may be adequate for pain control. Take prescribed pain medications according to instructions as necessary.
- You may start to gently brush the top surface of the teeth where the laser treatment was performed after 24 hours, staying away from the gum line. You may also resume a more normal diet after 7-10 days.
- Most of the healing on the surface areas takes two to four weeks. Deeper pocket areas may take several months to heal completely.
- Dr. Nevins would like to monitor you closely and provide professional cleaning around the teeth over the next few months to ensure the best results.
- If you are currently taking oral contraceptive medication, please beware that any antibiotics taken can interfere with the birth control for one full cycle.

If you have questions, please call us at: 617-720-0285

In case of emergency after hours please call Dr. Nevins' cell phone: (617) 901-0647