



Post-Op Laser Instructions

1. Dental laser procedures result in little, if no discomfort following the procedure. IF needed, over the counter medication like Advil or Tylenol can be used for up to 3 days after the procedure.
2. For the next 7 days, avoid chewing in the area where the laser was used. Healing begins almost immediately after laser procedures, so it is important to maintain a clean surgical site.
3. Daily care:
 - a. During the first 24 hours, drink liquids and eat soft foods only.
 - b. Try not to chew in the area where the procedure was performed.
 - c. Brush gently by placing the bristles of a soft or extra soft toothbrush on the teeth and brush in tiny circles, being careful not to bump the gum tissue. Brush the rest of the teeth as usual. Flossing is okay as long as it is done gently.
 - d. Rinsing after meals or snacks with warm salt water is important to help remove any loose food debris.
4. Other aids such as proxy brush and rubber tip and strong rinses should not be used for one week.
5. Apply Vitamin E to the area treated with the laser two times:
 - a. Once the first night after brushing
 - b. Once the following morning after brushing
6. If you have extreme discomfort or significant bleeding, please call Dr. Cooke at the office 707-255-4400 or on her cell phone at 415-794-5708.