



# Preference Dental

## Tissue Laser Post-Op Care and Maintenance

- No smoking. Smoking may inhibit healing and compromise results.
- **First 24 hours**, use ice pack on the cheek for 10 minutes on/10 minutes off.
- **For 24 hours**, no rinsing.
- **After 24 hours**, rinse with Peroxyl or Peridex 2X per day.
- Avoid hot liquids or spicy food **for 72 hours**.
- **For 7 days**, no brushing the surgical/lasered area at gumline. May very carefully brush biting surfaces of teeth. **After 7 days**, brush with soft bristles, manual brush (may give patient “post-op” extra soft brush).
- **For 7 days**, avoid eating on surgical side and eat relatively soft food. No hard or crusty food. No nuts, seeds etc. No chewing gum or sticky foods.
- **For 2 weeks**, no flossing (can gently floss if significant food stuck in an area)