

## PRE-OP PERIODONTAL LASER THERAPY

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#### *Pre-Operative Care Instructions*

Please understand that this **is** surgery, but done with laser technology that will aid in reducing post-operative bleeding, discomfort and eliminating the need for any stitches. Post-operative comfort and healing will occur best if you follow our recommendations.

#### **These steps will help stack the deck in your favor!**

These recommendations will help maximize the effectiveness of the surgery. This treatment depends on your body's healing power to help gain gum attachment that has been lost over the years.

**Rest:** Get a good night's sleep the night before your surgery.

**Clothing:** Wear comfortable, loose clothing for your appointment. The LANAP surgery will take a couple of hours, so be sure to wear something that will make it easy to kick back and relax.

**Diet:** Eat a good breakfast/lunch prior to your surgery appointment. You will be on a soft food diet for one week after your surgery, so eat something that will help satisfy any cravings. If you do not have a blender at home, you may want to consider purchasing or borrowing one to help you follow the appropriate diet after surgery.

**Caffeine:** Please avoid alcohol, caffeine, or other stimulants for 24 hours prior to your appointment; alcohol can prevent complete anesthesia or numbing of the treated area; stimulants may interfere with any sedatives that may be used.

**Medications:** Make sure to take all prescription medications as you normally do. This also includes any antibiotic pre-medications you take for normal dental procedures or any that your doctor may prescribe to you. Please seek advice from your medical doctor if you are recommended to take blood thinners on a daily basis. You may or may not need to discontinue this use for the time of the surgery.

**Time:** Please understand that upon committing to the LANAP process, you are dedicating much of your time in our office, especially for the first year. We, again, understand how valuable your time is, but please make arrangements to attend each scheduled visit so that you can stay on track with your healing.

**Smoking:** If you smoke, please be prepared to quit or use an alternative for a minimum of 3 days-preferably 2 weeks-following surgery. You will need to avoid smoking as much as possible during the healing process. Alternatives can include nicotine patches or other methods, so please try to set that up ahead of time.

#### **Additional ways you can maximize your results:**

- Please be prepared to follow ALL post-operative instructions.
- Follow specific instructions for all prescribed medications, including mouth rinses or oral medications.
- Be prepared to take it easy for the first 3 days after your surgery. Physical activity should be limited to minimize exertion and reduce the risk of disturbing the healing process.

**Note:** You may experience a slight amount of discomfort following your surgery just as normal as any other dental procedure. This can be counter-acted by using Ibuprofen (Advil or Motrin). It can be taken immediately before treatment to minimize tissue swelling and local inflammation. Ibuprofen is a non-narcotic and will not affect your ability to drive.