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CARNEGIE DENTAL

After Care Instructions Laser Treatment

- Reduce physical activity for several hours after surgery to maximize healing. Only brush and floss the untreated area of your mouth. **Do not rinse for the next 48 hours after treatment.**
- Use the **antibacterial gel** 2 times a day. Apply a very thin coat overtop the surgical area.
- **After 2 days** - You may spit, and gently rinse your mouth. Rinse your mouth gently 3 times a day with warm salt water (1/2 tsp of salt dissolved in 8oz of warm water).
- **First 3 days – Liquid diet only**, smoothies blended (no berries with seeds), drinks, soups etc.
Do not drink through a straw, this creates a vacuum and can disturb the clot acting as a band-aid between the gums and teeth. Only brush or floss the untreated area of your mouth.
DO NOT BRUSH OR FLOSS THE TREATED AREA FOR 7-10 DAYS. Avoid spicy or excessively hot drinks. Take daily vitamins. If medication has been prescribed, please take exactly as directed.
- **Next 4 days** –For the next several days rinse with both Peridex and salt water as previously mention but with vigor. “Mushy” foods with a consistency such as those listed below are recommended. (see below)
- Starting **7- 10 days after treatment**, soft foods may be allowed. When eating, do not chew on the side of your mouth which has been treated. Ex. Pasta, fish, chicken, steamed vegetables. Gradually add back your regular diet choices. Start to manually brush the surgery site gently to remove plaque and build up. **Do not use Electric toothbrush until 4-6 weeks after surgery.**
- Starting **3-4 weeks after treatment** begin flossing (above gums only)
- Starting **4-6 weeks after treatment** you may use an electric toothbrush VERY gently no pressure.
- **3-6+ months after surgery** you may use oral irrigators (water pik) above gums only.

Please remember that even after 10 days, healing is not complete. Your tissue needs to be mature and strong enough for flossing and using an electric toothbrush. The first month following treatment you should continue to make smart food choices. Softer foods are better.

Mushy Diet Suggestions

Anything put through a food blender ex. Milkshakes, smoothies etc.

DO NOT USE STRAW and NO BERRIES WITH SEEDS, Cream of wheat, oatmeal, Malt O Meal

Mashed avocado, applesauce, mashed potatoes, or baked potatoes – with butter or sour cream

Mashed banana, or any other mashed/blended fruits **EXCEPT BERRIES WITH SEEDS**

Broth/Creamed Soup, mashed/Steamed Vegetables, yams, sweet potato or butternut squash

Cottage cheese, cream or soft cheese, creamy peanut butter without solid pieces

Eggs any style, with or without melted cheese, omelets can have cheese and avocado

Jell-O, pudding, ice cream, yogurt, Ensure, Slim Fast, Rumble, Protein shakes – nutritional drinks

DO NOT: Chew gum, candy, cookies, chips nuts, anything hard or crunchy, anything that has seeds or hard pieces, meat that shreds can lodge under the gum and between teeth, raw veggies/salad.