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DENTAL LASER TREATMENT • HOME CARE

Dental lasers may be used to remove inflamed tissue, assist gum treatment, reshape gums or control bleeding. Care depends on the procedure and its extent. Your dentist's specific instructions take priority over this general guide.

1 What you may feel

The treated area may feel tender or raw, like a mild "pizza burn." Mild swelling or light oozing can occur. Discomfort should gradually improve. A pale healing layer may develop; do not pick, scrape or pull it away. Call if you are unsure about the appearance or healing.

2 Protect the treated tissue

Do not rub the area with your tongue, fingers or objects. If you are numb, avoid chewing and hot food or drinks until sensation returns. Follow any instructions about dressings, stitches or activity. Avoid smoking and vaping while healing.

3 Choose comfortable foods

Choose soft, cool or lukewarm foods and drink water. Avoid spicy or acidic foods, very hot drinks and alcohol while the tissue is sore. Avoid crunchy or sharp foods such as granola, chips, nuts, seeds, popcorn and popcorn kernels that may irritate or lodge in the area. Resume usual foods as comfort and your dentist allow.

4 Pain relief & soothing products

Use recommended pain relief and any prescribed medicines exactly as directed. Do not exceed doses.

Use vitamin E oil only if your dentist specifically recommends an oral-use product and tells you how to apply it. Avoid unapproved oils or home remedies. Stop products that irritate.

5 Keep your mouth clean

Continue brushing untreated teeth gently with a soft toothbrush and fluoride toothpaste. Ask when to resume brushing, flossing or interdental cleaning directly at the treated site. Some periodontal laser procedures require longer protection of the area.

Do not scrub the wound or use a water flosser on it unless directed. Keeping the rest of your mouth clean remains important.

6 Salt water & mouthwash

Use rinses only when your dentist says to start. After tissue-removal procedures, this is often after 24 hours; other treatments may have different instructions.

If approved, gently rinse with **1 teaspoon salt in a tall glass of warm water** after meals for a few days. Spit out; do not swallow or swish forcefully.

Use a prescribed or recommended mouthwash as directed. Avoid strong or alcohol-containing rinses if irritating. Rinses alone do not replace home care or follow-up.

7 Healing, odor & follow-up

Healing time varies with the amount of tissue treated, your health and the procedure. Keep your planned healing check and any periodontal maintenance visits.

Call promptly for a new or persistent foul odor or taste, pus, fever, increasing swelling, worsening pain or bleeding that does not settle. Odor alone does not prove infection. Do not dismiss severe symptoms as normal healing.

QUESTIONS OR CONCERNS? PLEASE CALL THE OFFICE

Call for fever of 100.4°F or higher, pus, foul odor or taste, worsening pain or swelling, persistent bleeding, difficulty drinking or any unexpected change. Contact us if the area is not improving or if you need help with home care.

Dr. Costella 415-453-0642

Dr. Goldstein 415-453-0122

Call 911: trouble breathing or swallowing, rapidly spreading face or neck swelling, severe allergic reaction, uncontrolled heavy bleeding, fainting, confusion or difficulty waking.