



Benjamin K. Metz D.M.D., M.S.D., LLC

Periodontics & Implantology

MOUTH CARE FOLLOWING LASER ASSISTED PERIODONTAL THERAPY

Dr Metz has just performed laser therapy on the oral tissues that support and maintain the health of your teeth. By utilizing a special laser we can prevent further destruction of the tissues maintaining your teeth and in some cases actually repair and regenerate these tissues. This laser procedure is usually combined with scaling and cleaning the root surfaces of the diseased teeth. Because diseased tissue is removed and the teeth are physically scaled, some discomfort is to be expected. The discomfort should be mild and can be controlled by over the counter analgesics (pain relievers), (Tylenol, Advil, etc.) This should be taken as directed on the packaging or as directed by Doctor Metz. If pain becomes severe please don't hesitate to call the office (this is very rare).

ORAL HYGIENE INSTRUCTIONS

Starting the night of the procedure: gentle, but thorough brushing and flossing of the entire mouth. The appropriate hygiene adjuncts can also be used, proxabrush, electric toothbrush, water pik, etc.)

RINSING

Doctor Metz may put you on an oral rinse (chlorhexidine) or antibiotic. Please follow the instructions outlined on the prescription and continue for the entire time as stated.

EATING

It is best to avoid foods with small seeds (berries, sesame seeds, etc.) as well as popcorn for at least 3 days.

WHAT TO EXPECT

The gingival tissues (gums) may be tender and teeth may possibly be sensitive (temporarily) to hot or cold. You may also experience slight bleeding when brushing or flossing. The gingival tissues should feel better (healthier) within days. Color changes and appearance in the gingival tissues will also result. The gums will be less inflamed and redness will decrease.

Many patients report that "their gums feel better than ever before". Remember, the key to success relies on proper oral hygiene. Lasers can offer a less invasive treatment of periodontal disease and we have invested in the newest technology available. This technology together with your dedication to improved home care will result in the best overall results.

Sincerely,

Dr. Benjamin Metz and Staff

If you have any questions please call

Office phone 614 882 5050