

First week post-op

- a. Light brushing for the first week
- b. No flossing for the month
- c. Soft diet for the month

First month post-op

- a. Normal flossing and brushing

PATIENT INSTRUCTIONS PRIOR AND FOLLOWING LASER PERIODONTAL THERAPY (LPT)

Pre-Treatment Recommendations:

1. Avoid taking aspirin for **one week** prior to your appointment (aspirin will cause increased bleeding). Unless prescribed by your physician.
2. Avoid alcohol for 48 hours before your appointment (alcohol can prevent complete anesthesia or numbing of the treated area).
3. It is best to avoid caffeine or other stimulants 24 hours prior to your appointment (stimulants can interfere with the anesthetic).
4. Take antibiotic pre-medication - if required.
5. Take any prescribed sedatives as directed.
6. If you are prescribed sedatives, you must have someone to drive you home after your treatment.
7. Do get a good night's sleep the night before.
8. Eat a good breakfast and/or lunch the day of your appointment.
9. Wear comfortable, loose fitting clothing for your visit.

Post-Treatment Recommendations:

1. Do not be alarmed with any color changes or appearance of tissues following laser therapy. Tissues can be gray, yellow, red, blue, purple, "stringy" and reflect normal response to laser treatments.
2. Reduce activity for several hours following the surgery.
3. It is OK to spit, rinse, and wash your mouth today. Rinse as directed with Peridex or Periogard morning and night. Do not chew on the side of your mouth, which has been treated.
4. Do not eat spicy or excessively hot foods.
5. Try to keep your mouth as clean as possible in order to help the healing process. Brush, floss, and follow other home-care measures in all the areas of your mouth except for the surgerized area.

6. Do not apply excessive tongue or cheek pressure to the surgerized area.
7. Do not be alarmed if one of the following occurs:
 - a. Light Bleeding
 - b. Mild Swelling
 - c. Mild discomfort or tooth sensitivity
8. A surgical pack may be placed on the area to prevent food, trauma, and/or smoke from irritating the surgerized tissues. If a piece of the pack falls out or if the entire pack loosens or falls out, do not be alarmed.
9. Swelling may occur. To keep this at a minimum, place an ice pack on the outside of the face for 20 minutes each hour until you retire for sleep that night. Do not continue using ice beyond the day of the periodontal surgery.
10. Some oozing of blood may occur. Determine the side of oozing and place pressure on this area for 30 minutes. If excessive bleeding continues, please call the office.
11. It is very important to maintain a good food and fluid intake. Try to eat soft food such as eggs, yogurt, cottage cheese, malts, ice cream, etc., until you can comfortably return to a normal diet.
12. If medication has been prescribed, please take exactly as directed.
13. Please call the office so that we may render further treatment if any of the following occurs:
 - a. Prolonged or severe pain
 - b. Prolonged or excessive bleeding
 - c. Elevated Temperature

LASER PERIODONTAL THERAPY INFORMED CONSENT

I, _____, consent to Dr. Szymanowski performing on me the following:

- LASER ASSISTED NEW ATTACHMENT PROCEDURE (LANAP)
- LASER PERIODONTAL THERAPY
- LASER PERI-IMPLANT THERAPY

Doctor and staff have discussed the procedure with me to my satisfaction and I understand I may ask any questions before consenting to therapy.

ALTERNATIVE THERAPIES

Doctor has previously explained to me alternatives, benefits and potential complications of treatments for my periodontal disease as follows:

PERIODONTAL FLAP/SURGERY

After local anesthesia injections, flap surgery involves surgical incisions and lifting of the gum tissue. After the gums are elevated and the underlying roots cleaned, the bone may be modified and/or grafted and the gum tissue is sutured closed.

NON-SURGICAL ROOT PLANING ALONE

After local anesthetic injections, root surfaces are deep cleaned below the gum line by hand or ultrasonic instruments to remove bacterial plaque containing tartar (calculus) deposits on my teeth roots.

THERAPEUTIC BENEFITS

Periodontal therapy is designed to eliminate or substantially reduce periodontal disease. This helps control or prevent future periodontal disease progression.

Laser periodontal therapy reduces periodontal gum pocket depth by:

- 1) Improve visualization to aid scaling and root planing (root cleaning) for removal of deposits (calculus)
- 2) Promoting reattachment treated gum tissues to the roots by promoting growth of new bone and/or attachment to root surfaces to help promote long-term periodontal health
- 3) Do not require sutures

COMPLICATIONS

Therapy risks include post-operative bleeding, infection, swelling, and discomfort. In rare occasions, it is possible to have persistent numbness and/or pain of the lip and chin. If occlusal adjustment (grinding of teeth) is required, there is a possibility that some restorations may fracture or perforate and may need to be replaced by your dentist. Laser periodontal therapy, as with all periodontal procedures, may not be entirely successful in pocket reduction or new attachment. Success is not guaranteed.

NON-TREATMENT RISKS

Avoiding treatment can worsen my periodontal disease by causing increased pocketing, early tooth loss, or infections. Long-term effects may include reduced chewing function and costly tooth replacement.

PATIENT COMPLIANCE

I agree to follow all post-operative instructions, perform post-surgical oral hygiene, and take medications as prescribed. I also agree to schedule regular periodontal maintenance visits every 3 months to aid in maintaining my periodontal health. Failure to comply with periodontal maintenance will increase the risk of continual progression of periodontal disease.

Date _____ Patient (print) _____ (sign) _____

Date _____ Witness (print) _____ (sign) _____