

## Laser Post Op Instructions

1. Do not drink any carbonated beverage (soda, beer, champagne, tonic, club soda or soda water) for 24 hours after laser therapy.
2. Do not eat hard or crunchy food on that side for at least 3 days following laser therapy.
3. Do not floss or use water irrigation devices for at least 1 week after laser therapy.
4. Lightly brush area in the first 24 hours. No scrubbing with your toothbrush!
5. Vitamin E oil may have been applied to help healing. This has a citrus taste.
6. Refrain from touching any laser treated areas with your fingers for the first 24 hours.
7. Tenderness should be minimal, but if it is present, then you may take ibuprofen 600 mg every 4-6 hours as needed (if you're not allergic or have any other contraindications for it's use) for the discomfort.