

Do not be alarmed if one of the following occurs:

- Light bleeding
- Slight swelling
- Some soreness, tenderness or tooth sensitivity

Within one month, your gums should start looking normal.

Please call the office if you experience any of the following signs:

1. Prolonged or severe pain
2. Prolonged or excessive bleeding
3. Considerable elevated or persistent temperature

Possible causes of gum overgrowth include:

- Poor dental hygiene resulting in bacterial plaque.
- Certain systemic diseases.
- Certain medications used to treat epilepsy, immunosuppressants and calcium channel blockers.
- Certain Genetic conditions

Preventing gums from overgrowing after laser treatment:

- It is possible for the gums to grow back if the patient does not practice good oral hygiene.
- Good oral hygiene helps to ensure that the irritative plaque is removed from around the teeth and gums.

- Brush at least twice daily for no less than 2 minutes, concentrating on the gum area when tissues are healed.
- Floss each day between all the teeth to remove plaque between the teeth and gums.
- A mouth rinse containing fluoride could help to reduce plaque.

Advantages of Laser Therapy:

- Less postoperative pain and swelling because it seals the nerve ends.
- No bleeding during or after the procedure.
- No sutures are needed after the procedure.
- Rapid healing after the procedure.

Examples of Laser procedures performed in our practice:

Canine Exposure:



Laser Therapy - Before

Laser Therapy - Lasered

Laser Therapy - After

Gingivectomy: The removal of excessive gum tissue.



Before

After

Post Laser Instructions



PretoriaSmile
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Following these instructions will protect the gums and keep your healing on track.

Post-Laser Instructions

1. General Instructions

- Dental laser procedures result in little discomfort.
- Do not eat anything before the numbness wears off, as you might bite your cheeks, lips or tongue and cause damage.
- Take a mild to strong pain killer eg. Panadol, Myprodol or Neurofen if necessary.
- You will have slight soreness & maybe a little swelling.

2. Activity

REST! Reduce physical activity for several hours following the procedure.

3. Diet

- Avoid anything too hot or cold to eat or drink.
- During the first week after the procedure, we recommend a very soft diet.
- Days 7-10, avoid chewing in the areas where the laser was used. Eat soft foods like pasta, fish, chicken or steamed vegetables. Gradually add back your regular diet.
- Stay away from spicy and hard foods like chips, gum, candy, cookies, nuts or anything hard or crunchy, anything with seeds or hard pieces.



4. Hygiene

- Healing begins almost immediately after the procedure, so it is important to maintain a clean area.
- It is okay to spit, rinse and wash your mouth on the day of the procedure.
- Rinse gently every three hours with warm salt water (1/2 teaspoon of salt dissolved in a glass of warm water).
- Brush your teeth by gently placing the bristles of a soft or extra soft toothbrush on the teeth and brush in tiny circles, being careful not to bump the gum tissue. Brush the rest of the teeth as usual. Flossing should be done gently.
- Other aids such as the use of a proxy brush or rubber tip, and certain strong rinses, such as Listerine should NOT be used until after the doctor has re-examined you.

Post Procedure Kit available at reception -

Includes:

- Ultra Soft Curaprox toothbrush to prevent hurting the gums while brushing.

- Curasept mouth rinse containing Chlorhexidine (antiseptic) to aid in healing.



5. Smoking

DO NOT SMOKE OR DRINK ALCOHOL FOR THE NEXT 24 HOURS.



- If you smoke, we recommend that you abstain or significantly reduce your smoking for 1-2 weeks before and after treatment, since smoking may affect healing and the outcome of the procedure.

6. Changes in your gums

- Do not be alarmed about any color changes or the appearance of gum tissues following laser therapy. Tissues can be gray, yellow, red, blue, purple, or stringy-looking. That reflects normal response to laser treatment.
- Beginning just two weeks after the procedure and for as long as a year, the teeth may become sore, tender or sensitive as the bone and ligaments around the teeth regenerate and become more firm. This is a sign of healing.