

## Post-Op Instructions for Soft Tissue Laser

### Home care Instructions for Soft Tissue Laser:

- It is normal to experience minor discomfort for a few days. Taking anti-inflammatory medications such as Advil, is recommended. Take two capsules (200mg each) every 4-6 hours
- Slight bleeding or swelling is normal for the first 24 hours. Relax and avoid strenuous activities
- If you had anesthetic during the procedure, avoid chewing until numbness has worn off and do not eat for the first 2 hours after laser re-contouring
- Do not drink alcoholic beverages and avoid hot and spicy foods until the tissue is completely healed
- Do Not smoke for the next 72 hours because tobacco slows the healing process
- Brush and floss the NON-treated areas as normal and avoid the laser area for the first 24 hours. After 24 hours begin gentle brushing with a soft toothbrush. Rinse after every meal with warm saltwater; one teaspoon of salt per 8 ounces of warm water
- Apply Peridex or Periogard as instructed with a Q-tip on the treated tissue until tissue looks completely healed (usually about 72 hours) You may spit out excess peridex but do Not rinse with water
- Do not hesitate to call if there is an increase of swelling or bleeding after the first 48 hours
- We will see you in 10 days for a tissue check and evaluation
- **If there are any questions or concerns, please contact our office at 410.730.7485**