



*Yenne & Schofield, P.C.*  
SPECIALISTS IN ORTHODONTICS

## **LASER EXPOSURE POST OPERATIVE INSTRUCTIONS**

Occasionally patients need a little extra help getting a tooth to come in. Dr.'s Yenne and Schofield will recommend an exposure and ligation technique to aid tooth eruption. The Doctors use a laser to expose a tooth and place a bracket on the tooth. The laser helps minimize discomfort, expedite healing, and make patients more comfortable.

### **Pre-Operative Instructions**

- Dress comfortably day of procedure. Your appointment will take about an hour.
- Eat well balanced meal 2 hours prior to your appointment. There is no need to fast prior to your appointment. Be sure to hydrate.
- The exposed area will be numb for about 2 hours after your appointment.
- Stock up on soft, basic, comforting foods prior to the appointment.

### **Post-Operative Instructions**

- It is normal for the tissue to have light bleeding, mild swelling and soreness after your laser procedure. Tooth sensitivity is expected for the exposed tooth.
- After your appointment, there may be some tissue/tooth discomfort. Advil or Tylenol may be taken as needed, per manufactures instructions. Ice for 20 minutes if swelling occurs or to aid discomfort. As the numbness wears off, the area and lip may feel itchy, do not scratch or pick at the area.
- There may be some tissue discoloration after laser treatment – grey, yellow, red, blue, or purple colors are normal. The tissue is healing and returning to its regular color.
- It is important to keep the area clean to aid the healing process. Occasionally, the following 48 hours, toothpaste can irritate the area more. Brush following day with regular soft bristled tooth brush and just water if needed.
- Warm salt water rinses are recommended for 48-72 hours after (1/2 tsp salt to 8 oz water) to remove bacteria and allow the tissue to heal.
- You may be given a Chlorhexidine mouth rinse to use after your appointment to aid the healing process. Due to this rinse's medicinal taste, it is best to dilute the rinse (50% water, 50% rinse) and swish for 45 seconds after regular brushing and flossing. Do not rinse with water after rinsing with Chlorhexidine.
- Avoid spicy, acidic, or crunchy foods after the procedure. Soft foods are suggested for a few days. Avoid chewing hard foods in the laser area for the first 48-72 hours. Resume normal eating as healing and pain tolerance allows.
- You may return to your normal hygiene and brushing techniques 5-7 days after procedure, depending on your pain tolerance.
- Although smoking is never recommended, please refrain from smoking for 48 hours after procedure.

If you have any questions or concerns, do not hesitate to contact our office

(503) 362-0500.