

Patient Instructions

Laser

- The first three days following Laser Therapy, follow only a liquid-like diet to allow healing. Anything that could be put into a blender to drink is ideal. The purpose of this is to protect the clot that is acting as a “band-aid” between the gum and the teeth. Do not drink through a straw, as this creates a vacuum in your mouth that can disturb the “band-aid”.
- Take daily vitamins.
- Next four days after treatment, “mushy” –soft foods are allowable. Soft foods have the consistency of pasta, fish, chicken, or steamed vegetables. You may then, gradually add back your regular diet choices.
- Please remember that even after ten days, healing is not complete. The first month following treatment you should continue to make smart food choices. Softer foods are better.