



DEKA CO₂ Laser After-Care Instructions

Avoid spicy foods and commercial mouthwashes for 2-3 days.

Warm salt water rinses may be soothing. Use ½ teaspoon salt in 8 ounces of warm water. It is better to use no salt than to much salt when rinsing.

Massage Vitamin E oil onto the treated areas 2-3 times per day. You can use a clean finger or cotton applicator to apply.

If you were treated for periodontal disease, do not floss the treated area for 24 hours. Also, avoid husks or seeds that may get lodged in your gums between the teeth and tissue for at least 4-5 days.

PAIN MANAGEMENT (it is better to stay ahead of pain rather than try to stop it after you begin to feel it):

For patients without allergies or contraindications to taking non-steroidal anti-inflammatory medications (NSAIDS) or aspirin:

Take 1(one) 220mg Naproxen (Aleve) every 12 hours for 1 week. For additional relief, take 1(one) 500mg Acetaminophen (Tylenol) 4(four) times per day (with meals and at bedtime for a total of 2000mg per day). These medications work synergistically and research has proven this combination is as effective, if not more effective, than narcotics in managing dental pain.

For patients unable to take non-steroidal anti-inflammatory medications or aspirin but are able to take acetaminophen (Tylenol):

Take 1(one) 500mg Acetaminophen (Tylenol) every 4(four) hours (not to exceed 3000mg/day)

If you received a 4mg tablet of dexamethasone, please take in the morning as directed to minimize pain and swelling

Your doctor may prescribe a prescription pain reliever and/or antibiotic for your use and will advise you on the appropriate use of these medications. If you receive a prescription, use your prescribed medication as directed and do not use the protocols above.

If any unusual symptoms occur or if you have any questions regarding your post-treatment care, please call the office at 785-539-2314.