

**Max Arocha, D.M.D.**  
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## **PERIODONTAL LASER SURGERY HOME CARE INSTRUCTIONS**

1. Do not use a toothbrush for the first 24 hours after the periodontal laser procedure.
2. Rinse with chlorhexidine solution for 20 seconds two times per day for 2 weeks post-laser treatment.
3. After 24 hours, start brushing again using a soft-bristle toothbrush and toothpaste, floss daily, and use an over-the-counter alcohol free mouthwash rinse after the 2-week Chlorhexidine regimen.
4. Schedule laser follow-up visits with Dr. Max Arocha or Dr. Karla Jaquez and three months periodontal maintenance appointment with hygienist.

## **DIET INSTRUCTIONS**

1. **First Day** – Liquid diet. Use a blender as needed. **DO NOT DRINK THROUGH A STRAW.**
2. **Next 6 days** – Soft and Mushy diet. Take 1000 mg/day of vitamin C.
3. **After 7 Days** – Resume normal diet. Remember to brush after every meal and floss daily.
4. Some soreness, tenderness, or tooth sensitivity is normal. The discomfort is usually mild and much less than conventional blade and suture periodontal surgery.

IF YOU HAVE ANY QUESTIONS OR CONCERNS PLEASE CALL OUR DENTAL  
EMERGENCY NUMBER: (954) 432-7771