

# Laser Instructions

01

Soft diet for the first 2 days.

02

Analgesic if needed.

03

Avoid disturbing the area by touching it with the tongue or fingers (it may transfer bacteria into the surgical site.)

04

Avoid strenuous physical activities for the first 24 hours.

05

Avoid rinsing or spitting forcefully for 24 hours.

06

Avoid drinking through a straw for the first 24 hours.

07

After 24 hours, rinse with a solution made of 1/2 teaspoon salt and 8 ounces of warm water.

08

Continue normal brushing and flossing habits, just avoid and be gentle around the surgical area.