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## Post-Operative Instructions for Laser Frenectomy

Step 1. Avoid spicy (such as salsa), acidic (citrus fluids, wine) or sharp foods (such as nachos) or liquids for the first 72 hours.

Step 2. Use of mild anti-inflammatories (Ibuprofen) may be needed initially.

Step 3. Secondary intention healing means that a 'white soft scab' will appear for the first 7-10 days. It is not an infection and is covering the soft tissue forming.

Step 4. Lasers are antibacterial so infection is very unlikely, but Chlorhexidine rinse (0.12%) can be used or dabbed onto area.

Step 5. Cold fluids, ice, 'freezies', 'popsicles', can be used for the first 24 hours to minimize swelling.

Step 6. Soft tooth brush carefully around the wound.

Step 7. Patient should return in 7-10 days to evaluate healing.