

Stillwater Family Dental

(651) 351-0890

Care of Your Mouth Following Laser Treatment:

You have completed treatment today with an YSGG laser:

Swelling and Stiffness:

- It is normal to experience some swelling after laser treatment.

Control of Pain:

- Taking a pain reliever such as ibuprofen (Advil) is recommended. This will help reduce swelling and post operative pain.

Rinsing and Cleaning of the Mouth:

- Do not vigorously rinse your mouth for 24 hours following surgery. Use warm salt water rinses (1 teaspoon of salt dissolved in 8 ounces of warm water). Be especially careful when brushing around surgical area for the first 24 hours.

Diet and Nourishment:

- Avoid sharp chips such as Doritos and Tortilla Chips. Any food that could potentially injure treated area.
- A soft diet, such as soup or jello, is recommended if you are having any discomfort or swelling.