



LASER INSTRUCTIONS:

- **AVOID** alcohol/strong mouth rinses over the next few days.
- Smoking compromises the healing processes of the gums, so refrain from smoking for as long as possible.
- Rinse with salt water (1 tsp in 8 oz warm water) 2-3x daily for the next few days.
- Over the counter pain relievers may be taken if needed to manage any discomfort.
- Brush your teeth gently on the day of treatment; don't floss until the day after treatment.

Please call us with any questions or concerns!