

Post-op instructions Laser Procedures

You have undergone laser-assisted treatment with BIOLASE, which is one of the best lasers available internationally. Please follow the following instructions to make your healing process smoother.

1. For the first 24 hours following treatment, **AVOID** acidic/spicy/hard or crunchy foods (chips, spicy sauce, citrus fruits, toasted bread, fried food, vinegar-based food items, raw vegetables, nuts, etc.)
2. Resume your normal eating habits 24 hours after treatment.
3. For the first one week following the day of treatment, clean the treated teeth area very gently by using an ultrasoft toothbrush (manual/electric).
4. Resume your normal hygiene techniques of the treated area beginning ONE WEEK FOLLOWING TREATMENT.
5. Kindly apply the cream/ointment as explained over the treated area.
6. Dental laser procedures result in little or no discomfort. However, some patients do require mild to moderate analgesics depending upon the type of the procedure.
7. Do warm saline rinses 5-7 times a day if instructed by your doctor.
8. Kindly respect your follow-up appointments.

“Wishing you a speedy and uneventful recovery.”

-Team Indiadens