

## **Pre-treatment recommendations for laser pocket surgery (LANAP)**

We have scheduled a significant block of time for our team to concentrate on your visit with us. Please understand that this is SURGERY, but done in a new way with laser technology. Post operative comfort and healing will best occur if you follow our recommendations.

1. Avoid taking aspirin for **one week** prior to your appointment (aspirin can cause easy bleeding).
2. Avoid alcohol for 48 hours before your appointment (alcohol can prevent complete anesthesia or numbing of the treated area).
3. It is best to avoid caffeine or other stimulants 24 hours prior to your appointment (stimulants can interfere with the anesthetic).
4. Take anti-biotic premedication- if required.
5. Take any prescribed sedatives as directed. **If you are prescribed sedatives, you must have someone to drive you home after treatment.**
6. Do get a good night's sleep the night before.
7. Eat a good breakfast and/or lunch the day of your appointment.
8. Wear comfortable loose fitting clothing to your visit.
9. If you are not allergic to Advil- generic ibuprofen- (e.g. Motrin, Nuprin), it will likely be prescribed in a high dose immediately before treatment primarily to minimize **tissue swelling** and **local inflammation** that is a natural side-effect of gum surgery. Ibuprofen is non-narcotic and does not affect your ability to drive.
10. If you feel you would be more comfortable with some form of pain relievers for the evening and days after your appointment, please advise us in advance so that we may prescribe the appropriate medication. Pain relievers are to be taken on an as needed basis.
11. If anti-biotic pills are prescribed, the entire bottle or prescription should be taken for the stated number of days or weeks, starting one hour prior to your surgery appointment.
12. If an antimicrobial mouthrinse is prescribed, it should be used full strength, 2-3 times per day, for **at least two weeks.**

13. Any mouth tissue irritation can be relieved with warm salt water (1/2 teaspoon salt in an 8 oz glass of really warm water).
14. If there is any discomfort lasting more then 2 or 3 days, please call the office as soon as possible.
15. If there is any sharp pain, call the office immediately.
16. Someone is always available at the after hours number that is on the voicemail of the office.