



Pre & Post-Operative Laser Dentistry

Laser dentistry is an advanced, minimally invasive treatment that uses focused light energy to perform dental procedures with greater precision. Compared to traditional methods, it offers reduced discomfort, minimal bleeding, and faster healing.

Following these instructions carefully will help ensure a safe procedure and smooth recovery.

Pre-Operative Instructions (Before Your Appointment)

Oral Hygiene

- Brush and floss thoroughly before your visit
- Maintain a clean oral environment to reduce bacteria

Eating & Drinking

- Eat a light meal before your appointment (unless sedation is advised)
- Stay hydrated

Avoid Before Treatment

- Do not smoke for at least 24–48 hours before treatment
- Avoid alcohol for 24 hours
- Limit caffeine intake

Medications & Medical Conditions

- Inform your dentist about all medications
- Mention any medical conditions (diabetes, heart issues, etc.)

Follow any prescribed pre-medication instructions



Day of Appointment

- Wear comfortable clothing
- Arrive 10–15 minutes early
- Ask questions if you have concerns

What to Expect During Laser Treatment

- Minimal or no pain in most cases
- Reduced need for anesthesia
- Less bleeding and swelling
- Shorter treatment time

Post-Operative Instructions (After Treatment)

First 24 Hours

- Avoid touching the treated area
- Do not rinse aggressively or spit forcefully
- Avoid hot, spicy, or crunchy foods
- Mild sensitivity is normal

Diet Guidelines

Recommended Foods:

- Yogurt
- Smoothies
- Lukewarm soups
- Mashed potatoes
- Scrambled eggs



Foods to Avoid:

- Crunchy or hard foods
- Spicy foods
- Acidic foods
- Hot beverages

Oral Hygiene

- Brush gently twice daily
- Avoid aggressive brushing near treated area
- Use prescribed mouth rinse if provided

Pain & Swelling Management

- Mild discomfort may last 1–3 days
- Take prescribed medication if needed
- Apply cold compress for swelling (10 minutes on/off)

Restrictions

- Avoid smoking for at least 72 hours
- Avoid alcohol for 48 hours

Healing Timeline

- Day 1–2: Mild sensitivity
- Day 3–5: Improvement begins
- 1 Week: Healing progresses
- 2 Weeks: Most tissues fully healed



**STAMFORD
DENTAL**
STUDIO

(203) 327-7498

**95 Morgan Street, Suite 1A
Stamford, CT 06905**

When to Contact Your Dentist

- Severe or worsening pain
- Persistent bleeding
- Swelling increasing after 2–3 days
- Fever or signs of infection

Tips for Faster Recovery

- Stay hydrated
- Eat soft, nutritious foods
- Maintain good oral hygiene
- Avoid smoking
- Follow all instructions carefully

Need Assistance?

We're here to help you protect your smile and your results.

Stamford Dental Studio

95 Morgan Street, Suite 1A

Stamford, CT 06905

☎ (203) 327-7498

🌐 <https://stamforddentalstudio.com>

[www.stamforddentalstudio.com](https://stamforddentalstudio.com)