

## LASER-Assisted Surgery Post-Operative Instructions

### Emergency Number: 509-542-9111

The LASER-assisted surgical procedure is a commonly-performed procedure. It is rare to have any complications from this procedure, but from time to time a complication may occur. Carefully following the instructions below will help to minimize any chance of complication.

1. DO NOT participate in any physical activity more than mild on a scale from mild to strenuous for 14 days. Walking or biking at a normal pace is fine.
2. DO NOT participate in activities that produce significant perspiration or increased heart rate for 14 days.
3. DO NOT chew directly in the surgical sites. Cut food into small pieces and avoid food that takes significant chewing.
4. DO NOT sleep on the surgical site-put pillows under your head to prop your head up to minimize swelling
5. DO NOT talk a lot. Minimal talking is essential to avoid clot movement.
6. DO NOT eat food that takes a lot of chewing. All food should be cut by fork and knife and involve minimal chewing.
7. DO NOT floss or use an electric toothbrush for 6 weeks.
8. DO take all medication as prescribed. Pain medication should be taken for the first 36 hours regardless of pain level then as needed for pain. Antibiotics prescribed must be taken for the entire length of the prescription.
9. DO report increased swelling, increased discomfort or warmth to the area after 72 hours.
10. DO use a night guard if it has been prescribed

Protection of the clot is essential to success. It is your responsibility to be minimally active and follow instructions. Occasionally some mild sensitivity to cold has been reported and will last for up to 6 weeks.

An emergency call should be made in the circumstances of obvious infection, bleeding that is not controlled, increased swelling or increased pain over at least a 4 day period. If the call is not returned within 20 minutes (due to cell service) please attempt the call until it is returned.

