

LANAP Post-operative Care and Instructions



1. Treatment Sequence Overview:

- LANAP / Laser assisted surgery + Occlusal Equilibration. (day of procedure)
- 1 week post-op. bite check, and advise you to discontinue using Peridex
- 6 week check, polish, bite assessment
- 3 month Periodontal Maintenance (no measurements, no under the gum cleaning).
- 6 month Periodontal Maintenance (no measurements, no under the gum cleaning).
- 8 month Final Evaluation (x-rays & measurements re-established).

* SRP, splinting of mobile teeth and/or a Bite Guard may be needed prior to treatment.

2. Post-operative Care:

- **Bleeding:** Any potential bleeding is controlled before you leave the office. However, minor oozing may continue for several hours after laser treatment. Some blood in your saliva is expected, especially when the numbness wears off. If you feel the bleeding is excessive or continues the next day, call the office. Keep your head slightly elevated by sleeping with two pillows the night of the surgery. **Avoid forceful coughing, strenuous exercise, smoking, drinking through a straw, brushing teeth near the surgical site, rinsing, or spitting on the day of surgery.**
- **Swelling:** Slight swelling is to be expected, peaking at about 48 hours after treatment. Ice held over the area (15 minutes on, then 15 minutes off) on the day of treatment may help reduce swelling. **If a fever accompanies your swelling, consult our office immediately.**
- **Pain or Discomfort:** Unless you are allergic to aspirin or ibuprofen, your primary pain medication will be Lodine (Etodolac). You should take 400mg every eight (8) hours the day of treatment and the next two days thereafter. You will be given Norco to help with any pain management. You may take one (1) tablet every four (4) to six (6) hours only if needed, they may make you dizzy or drowsy. If you are taking these medications, do not drive or operate dangerous equipment. Refrain from anything that might endanger yourself or anyone else. **If you experience a rash or itching, nausea, shortness of breath or difficulty breathing, stop taking the medication and call our office immediately.**
- **Activity:** For the remainder of the day and the following day, take it easy and do not do anything that requires physical exertion. After 48 hours, you should feel better each day following surgery.

1. Eating and Oral Hygiene:

- Healing occurs at an individual's own rate and is affected by outside influences such as smoking or failure to follow the specifics of the post-operative care instructions.
- Begin rinsing with Peridex (Chlorhexidine) the day after surgery. Rinse with ½ oz. of Peridex for 1-2 minutes then spit it out. Do not rinse, brush, eat, drink or smoke for 1 hour after rinsing. Any of these

actions will result in an extremely bitter taste. Continue to use Peridex until we see you at your post op appointment. We will advise you when to discontinue its use.

• **Oral Hygiene:**

- First week: Rinsing with Chlorhexidine only. (NO brushing or flossing)
- Week 1 to 6: Brush your teeth only. Avoid touching the gums (Soft bristle toothbrush only)
- Week 6 forward: Normal brushing and flossing
- At 2 months: Mechanical toothbrushes can be used.
- After 3 months: Oral irrigators (Waterpik) can be used.

• **Diet:**

- Days 1 to 3: Liquid diet only (Blender, food processor, juicer, some soups).
- Days 4 to 7: Mushy diet (eggs, pudding, mashed potatoes, applesauce).
- Days 7 to 14: Soft foods (pasta, fish, chicken).
- Days 14 to 30: Continue smart food choices*.

***Avoid seeds, nuts, and popcorn – anything that can get lodged under the gum line.**

Mushy Diet Suggestions

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| <ul style="list-style-type: none">▪ Anything put through a blender▪ Cream of wheat▪ Oatmeal▪ Breakfast shakes▪ Protein shakes▪ Milkshakes▪ Smoothies▪ Soups | <ul style="list-style-type: none">▪ Mashed potatoes▪ Bananas▪ Yogurts▪ Mashed steamed vegetables▪ Eggs of any style▪ Jell-O▪ Pudding▪ Ice-cream |
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Avoid gum candy, cookies, chips, and nuts – anything hard or crunchy. Avoid anything that has seeds or hard pieces. Avoid meats that shred and can lodge in between the teeth. Avoid raw vegetables and salads.

If you have any questions concerning your progress, please do not hesitate to call our office.

SUMMARY: These instructions are designed to cover most normal occurrences following a micro-surgical procedure. If you feel something is not right with your post-operative healing, PLEASE call the office.

OFFICE HOURS: Monday – Thursday 7:00 am – 5:00 pm and Friday 7:00 am - 3:00 pm

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