

Post LANAP Diet Instructions

The first three days following Laser Therapy, follow only a liquid diet to allow healing. Anything that could be put into a blender to drink is ideal. The purpose of this is to protect the clot that is acting as a band-aid between the gum and the teeth.

Avoid drinking through straws or bottles.

Four days after treatment, foods with a soft consistency such as those listed below are recommended.

Starting seven to ten days after treatment, soft foods are allowable. Soft foods have the consistency of pasta, fish, chicken and steamed vegetables.

Please remember that even after ten days, healing is not complete. The first month following treatment you should continue to make smart food choices.

Mushy Diet Suggestions

- Daily vitamins
- Anything put through a blender
- Cream of wheat, oatmeal, malt o meal
- Mashed or baked potatoes
- Mashed bananas, avocados, applesauce or any mashed/blended fruit
(Avoid berries with seeds)
- Broth or creamed soup
- Mashed steamed vegetables
- Eggs any style
- Jell-O, pudding, ice cream, yogurt, milkshakes and smoothie.
- Ensure, Boost or any nutritional drink

Avoid gum, candy, cookies, chips, nuts, anything hard or crunchy. Avoid anything that has seeds or hard pieces. Avoid meats that shred and can lodge under the gum tissue and between the teeth. Avoid raw vegetables and salads.

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BLEEDING: Bleeding will be 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. **Avoid forceful coughing, strenuous exercise, smoking, drinking through a straw, brushing teeth near the surgical site, rinsing, or spitting on the day of surgery.** Keep your head slightly elevated by sleeping with two pillows the night of the 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 any time a fever accompanies your swelling, consult our office immediately.

PAIN: 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 Lortab to also help with 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.**

ORAL HYGIENE: Healing occurs at an individual's own rate and is affected by outside influences such as mechanical or bacterial trauma.

Begin rinsing with Peridex (Chlorhexidine) the day after surgery.

Rinse with ½ oz. of Peridex for 1-2 minutes then spit it out. For an hour after rinsing with Peridex, do not rinse, brush, eat, drink or smoke. Any of these actions will counteract the flavoring agent in Peridex, resulting in an extremely bitter taste.

- 1) **Manual brush for 7-10 days**
- 2) **Floss at 3-4 weeks (above the gum line only)**
- 3) **Electric toothbrush at 4-6 weeks (gently)**
- 4) **Oral irrigators 3-6 months (not into the pocket)**
- 5) **Stay on the Peridex rinse the entire time you are not brushing (Approximately 1-2 weeks).**

SMOKING: It is very important that you do not smoke for at least 24 hours, and preferably one (1) week after surgery. Smoking interferes with proper blood clotting and healing of the tissues.

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

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