

**PATIENT INSTRUCTIONS FOLLOWING  
LASER PERIODONTAL (GUM) DISEASE THERAPY (LANAP)**

1. Do not be alarmed with any color changes or appearance of tissues following laser therapy. Tissues can be gray, tan, yellow, red, blue, purple, and “stringy”. These changes reflect normal response to laser treatment. Please do not disturb the area.
2. Reduce physical activity for 2-3 days following surgery.
3. It is Ok to spit, rinse, and wash your mouth **GENTLY starting tomorrow**. Rinse as directed with the prescribed rinse morning and night. In between it is of help to rinse gently every three (3) ours with warm salt water (1/2 teaspoon of salt dissolved in an 8 oz. glass of warm water) or hydrogen peroxide mixed half and half with warm water.
4. Do not chew on the side of your mouth which has been treated until you are advised. Do not eat spicy or excessively hot foods.
5. Try to keep your mouth as clean as possible in order to help the healing process. Brush, floss, and follow other home care measures in all areas of your mouth except for the area of the surgery.
6. Do not apply excessive tongue or cheek pressure to the surgerized area.
7. Do not be alarmed if one of the following occurs:
  - Light bleeding
  - Slight swelling
  - Some soreness, tenderness or tooth sensitivity
  - Medicinal taste from mouthwash or other medications
8. In some circumstances, a surgical pack or bandage is placed on the area to prevent food, trauma, and/or smoke from irritating the surgerized tissues.
9. Swelling may possibly occur. If recommended, gently place an ice pack on the outside of the face for 20 minutes each hour until you go to sleep that night/
10. Some oozing of blood may occur and will appear greatly exaggerated when it dissolves in saliva. Determine the site of oozing and place pressure on this area. If you cannot locate the origin of the bleeding, rinse your mouth gently with iced water and apply a wet tea bag to the general area. If excessive bleeding continues, please call the office.

11. It is very important to maintain a good food and fluid intake. Try to eat soft but nutritious food following the LANAP diet instructions until you can return to a normal diet as soon as you are advised. **DO NOT** suck through a straw. Sucking will disturb the area.
12. If medication has been prescribed, please take exactly as directed.
13. Please call the office so that we may render further treatment if any of the following occurs:
  - prolonged or severe pain
  - Prolonged or excessive bleeding
  - Considerably elevated or persistent temperature
14. Do not be alarmed that beginning just 2 weeks after therapy and extending as long as 1 year or more, the teeth may become sore, tender or sensitive as the bone and ligaments around the teeth regenerate and become more firm. This is a sign of healing, but also indicates the presence of a bite imbalance that needs to be adjusted. Occlusal adjustments are an ongoing part of your care and maintenance.

## **Post LANAP Diet Instructions**

1. **The first three days** following Laser Therapy, follow only a liquid like 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. **DO NOT** drink through a straw, as this creates a vacuum in your mouth that can disturb the “band aid”. Take daily vitamins and other medications
2. **Next four days after treatment,** foods with a “mushy” consistence such as those listed below are recommended. ( \*see below)
3. **Seven to ten days after treatment,** allowable soft foods may have the consistency of pasta, fish, chicken or steamed vegetables. You may then gradually add back your regular diet choices
4. Please remember that even after ten days, healing is not complete. The first month following treatment you should continue to make smart food choices. Softer foods are better.

## **\*Diet Instructions**

- DAILY VITAMINS
- Anything put through a blender
- Cream of Wheat, Oatmeal
- Mashed banana, avocado, applesauce
- Mashed potatoes or baked OK with butter and sour cream
- Broth or creamed soups
- Mashed steamed vegetables
- Mashed yams, baked sweet potatoes or butternut squash
- Cottage cheese, cream cheese or soft cheeses
- Eggs any style, with or without melted cheese
- Omelets can have cheese and avocado
- Jell-O, pudding, ice cream and yogurt
- Milk shakes, smoothies- OK to blend with fruit but NO BERRIES WITH SEEDS
- Ensure, Slim Fast, nutritional drinks

## **DO NOT EAT**

- chewing gum
- candy
- cookies, chips
- nuts
- Anything hard/ crunchy
- anything with seeds
- anything with hard pieces
- raw vegetables/ salad
- meat that shreds