

Post LANAP Treatment Instructions

PLEASE NOTE WE MAY GIVE YOU VERBAL INSTRUCTIONS IN ADDITION TO THIS INFORMATION: Depending on your Post-operative visits and your specific healing pattern the diet may or may not follow these instructions exactly. If you have specific diet instructions for any other medical purposes please inform the office.

This form is to be used as a guide, however your particular case may require individual adjustments.

Diet Instructions :

The first three days following Laser Therapy, follow ONLY a liquid –like diet to allow healing. Anything that could be put in a blender to drink is ideal. IT DOES NOT HAVE TO BE CLEAR LIQUIDS. Some examples of liquids are Boost, low Sodium V-8, Odwalla smoothie and protein drinks. 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”. DO NOT BRUSH TEETH until instructed to do so.

NEXT FOUR DAYS AFTER TREATMENT, foods with a “mushy” consistency such as those listed below are recommended. *see below*

STARTING SEVEN DAYS AFTER TREATMENT “mushy”- soft foods are allowable. Soft foods have the consistency of pasta, fish, boiled chicken or steamed soft vegetables. You may then, gradually add back your regular diet choices as instructed.

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.

Mushy Diet Suggestions

- Anything you can put through a blender
- Cream of wheat ,oatmeal, malt o meal
- Mashed potatoes or baked potatoes-ok with butter/sour cream
- Mashed banana, mashed avocado, applesauce or any mashed /blended fruit with out seeds.
- Broth or creamed soup without chunks
- Mashed steamed vegetables
- Mashed yams , baked sweet potato or butternut squash
- Cottage cheese, cream or soft cheese

- Creamy peanut butter without chunks
- Eggs any style , with melted cheese ok
- Omelets can have cheese and avocado
- Jell-O, pudding, ice cream, yogurt
- Milk shake /Smoothies- ok to blend with fruit, except no berries w/seeds
- Ensure, Slim Fast – any nutritional drink

DO NOT chew gum , candy cookies, chips, nuts anything hard or crunchy, anything that has seeds or hard pieces, meat that shreds and can lodge under the gum and between the teeth , raw vegetables/**salad**. Rice, as the sharp ends may get lodged.

Next 2 weeks: Foods with a “mushy” consistency. Discontinue Periogard mouth rinse, start on modified brushing technique that will be demonstrated at your follow up visit.

After 4 Weeks: Soft foods can be introduced, regular foods in small bites are preferred over hard, crunchy and chewy foods. Flossing can resume between teeth only, **NOT** below the gums.

After 3 months: a dental hygiene appointment will be set up approximately 3 months after the date of your surgery, then follow a 3 month interval for the first year. We would prefer to do all cleanings in our office as we will monitor the surgery as well each time with a post –op visit with the doctor. If you choose to alternate cleanings with your general dentist, special instructions need to be given, and please **ALWAYS** remind the hygienist to **NOT** go **BELOW THE GUM LINE** at cleanings, and **NO PROBING**. This could detach the new attachment fibers made by the laser and possibly damage the newly forming attachment fibers.

During the 12 month healing process: Please keep all regular routine visits with your general dentist while under our care for surgery, we are only monitoring periodontal gum health and do not take x-rays or examine for cavities , therefore it is important to see your general dentist during this time.

Please call us with any additional questions at **650-964-4867** and or e-mail at

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In case of an emergency please call **Dr.Provines at 650-868-8359**