

LANAP/LAIP Post-Op Instructions

1. Do not be alarmed with any color changes or the appearance of gum tissue following laser therapy. Gum tissue can turn gray, yellow, red, blue or purple and may appear “stringy”, which is normal response to laser therapy.
2. Some swelling may occur. To keep this to a minimum, gently place an ice pack on the outside of the face for 20 minutes each hour until you retire for sleep that night. Ice is to be used only the day of periodontal surgery.
3. Light oozing of blood may occur. This can be greatly exaggerated when it dissolves in saliva. Gently spit the saliva/blood secretions out as necessary. You may also rinse gently with ice water which will slow down the oozing.
4. **Please take medication as it has been prescribed.** Motrin (eg. Advil/Ibuprofen) will most likely be given for discomfort and to minimize tissue swelling and local inflammation, which are natural side effects of minor surgery. If an antibiotic is prescribed, please take it until finished.
5. Reduce excessive physical activity for several days following surgery to maximize healing.
6. Try to keep your mouth as clean as possible in order to aid in the healing process. Brush & floss only the untreated areas, avoiding the surgery site. Do not brush or floss the treated area as directed by your doctor. **On the 10th day, you may start using the RED TOOTHBRUSH in your post-op package to brush only the “table-tops” of your teeth. Absolutely nothing near the gum line!**
7. You may start rinsing your mouth with the rinse given or prescribed 24 hours after surgery. Rinse gently twice daily to keep your mouth clean.

Diet Instructions

1. **The first three days** following laser therapy you will be on a liquid diet. Follow only a liquid diet to allow ideal healing. The purpose of this is protect the clot that is acting as the “band-aid” between the gums and the teeth. **Do not** drink through a straw, as this creates a vacuum effect in your mouth that can disturb healing.
2. **The next four days** you may introduce foods with a “mushy” consistency such as those listed below.
3. **For the remainder of the month** you will stick to a diet of smart food choices, favoring soft nutritious foods. It is very important to maintain a good fluid & food intake.

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“Mushy” Diet Suggestions

Yogurt, cottage cheese, Jello-O, pudding, ice cream, milk shakes (eaten with a spoon)
Cream of Wheat, oatmeal, eggs, avocado, mashed banana, smoothies (without seeds)
broth or cream soups, soft potato/yams, steamed vegetables, creamy peanut butter

Don’t: Chew gum, eat candy, cookies, nuts, anything hard or crunchy, anything w/seeds or hard pieces, meat, raw vegetables or salad.

Avoid: Chewing on the side where the laser treatment was done, excessively hot or spicy foods.

Important to Know

Please remember that even 2 weeks after your procedure, healing is not complete! The first month after laser treatment, softer foods are better.

Do not be alarmed that beginning shortly after your laser treatment, the teeth may become sore and tender 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 may need to be adjusted. This will be addressed at your post-operative visits.

Spaces between your teeth can result from the reduction of inflammation, swelling, and the removal of diseased tissue after LANAP treatment. These spaces may fill in over time, and again, bite adjustment is critical to making sure the teeth & papilla are not traumatized and can regrow,

Smokers/Tobacco use Warning

Tobacco use is a major factor in chronic gum disease. Tobacco is associated with an increased disease rate in terms of loss of bone and gum attachment. Any type of tobacco use, smoking or chewing, will have an adverse effect on your periodontal treatment. It will significantly decline the progress of healing and may cause the gum disease to reoccur after treatment. If you are a smoker or chew tobacco we highly recommend not doing so. Please refrain from tobacco use of any kind.