

## **Pre-Treatment Recommendations for Periodontal Laser Surgery or LANAP**

We are excited of your interest in Periodontal Laser surgery or LANAP therapy. We are happy to be able to offer you this advance periodontal therapy.

A significant block of time has been scheduled for Dr. Gutt and his team to concentrate on your visit. Your procedure date is scheduled for \_\_\_\_\_. (Please note that since this a one year commitment between you and Dr. Gutt's office, all financial arrangements and payments must be taken care of prior to scheduling). Please understand that this is surgery, but done in a new way with laser technology. Post operative comfort and healing will best occur if you follow the recommendations:

1. Avoid alcohol for 48 hours before your appointment (alcohol can prevent complete anesthesia or numbing of the treated area).
2. Begin the prescribed antibiotic medication one day prior to your procedure.
3. If you are prescribed sedatives, you must have someone to drive you to our office and back to home after your treatment.
4. Eat well before your appointment. Dress comfortably.

## Post Periodontal Laser Therapy or LANAP Instructions

1. Do not be alarmed with any color changes or appearance of tissues following laser therapy which may reflect a normal response to laser treatments.
2. Reduce physical activity for several (3-5) days following the surgery.
3. It is OK to rinse and wash your mouth gently today. Rinse as directed with Tooth & Gum Tonic morning and night. (In between it is OK to rinse gently every three (3) hours with iced cold water, which can also address any oozing of blood which may occur. If excessive bleeding continues, please call the office).
4. Try to keep your mouth as clean as possible in order to help the healing process. Floss, brush, and follow other home-care measures in all the areas of your mouth except for the surgerized area.
5. Do not apply excessive tongue or cheek pressure to the treated area.
6. Do not be alarmed if one of the following occurs:
  - light bleeding, slight swelling, some soreness, tenderness, or tooth sensitivity, medicinal taste (from Tooth and Gum Tonic)
7. A surgical pack may be placed on the area to prevent food, trauma, and/or smoke from irritating the treated tissues. If a piece of the pack falls out or if the entire pack loosens or falls out, do not be alarmed.
8. To keep swelling, which may possibly occur to a minimum, gently place an ice pack on the outside of the face alternating 5 minutes on and 10 minutes off until you retire for sleep that night. Do not continue using the ice bag beyond the day of the periodontal laser surgery.
9. It is very important to maintain a good food and fluid intake. Try to eat soft but nutritious food such as eggs, yogurt, cottage cheese, shakes (without a straw), ice cream, etc., until the entire treatment has been completed. (Look at diet instructions).
10. Do not chew on the side of your mouth which has just been treated. Do not eat spicy or excessively hot foods or foods with seeds (fruit, nuts).
11. Take medications as prescribed.
12. Do not be alarmed that beginning with 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.
13. Please call the office if you have any questions or concerns regarding your homecare.

## Post Periodontal Laser Therapy or LANAP Diet Instructions

The first three days following Periodontal Laser Therapy or LANAP of each area, 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.”

Next four days after treatment, foods with a “mushy” consistency such as those listed below are recommended (*\*see below*).

Seven to ten days after entire 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 after the entire treatment (both sides of the mouth) has been completed.

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 SUGGESTIONS**

- DAILY VITAMINS!!!
- Anything put through a food blender
- Cream of Wheat, Oatmeal
- Mashed banana, mashed avocado, applesauce
- Mashed potatoes or baked potatoes OK with butter and sour cream
- Broth or creamed soups
- Mashed steamed vegetable
- Mashed yams, baked sweet potato 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 except NO BERRIES with SEEDS
- Ensure, Slim Fast, nutritional drinks

### **DO NOT EAT**

- |                 |  |
|-----------------|--|
| - chewing gum   | - anything crunchy                     |
| - candy         | - anything with seeds                  |
| - cookies       | - anything with hard pieces            |
| - chips         | - raw vegetable / salad                |
| - nuts          | - meat that shreds and can lodge under |
| - anything hard | gums and between teeth                 |