



LANAP Procedure Instructions

Do not be alarmed with any color changes or appearance of tissues following laser therapy. Tissues can be gray, yellow, red, blue, purple, and “stringy” and reflect normal response to laser treatments.

1. Reduce activity for several hours following the surgery.
2. It is OK to spit, rinse, and wash your mouth today. Rinse as directed with your prescription rinse morning and night. In between it is OK to rinse gently every three (3) hours with warm saltwater (1/2 teaspoons of salt dissolved in an 8oz. Glass of warm water). Do not chew on the side of your mouth, which has been treated.
3. Do not eat spicy or excessively hot foods.
4. 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 the areas of your mouth except for the surgical area.
5. Do not apply excessive tongue or cheek pressure to the surgical area.
6. Do not be alarmed if one of the following occurs:
 - a. Light bleeding
 - b. Slight swelling
 - c. Some soreness, tenderness, or tooth sensitivity
 - d. Medicinal taste, from your prescription rinse
7. Swelling may possibly occur. To keep this at a minimum, gently place an ice pack on the outside of the face for 10 minutes on 10 minutes off for an hour. Take a break and repeat icing until you retire for sleep that night. Do not continue using the ice bag beyond the day of the periodontal surgery.
8. Some oozing of blood may occur and will appear to be greatly exaggerated when it dissolves in saliva. Determine the side 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.
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, malts, ice cream, etc., until you can comfortably return to a normal diet.
10. If medication has been prescribed, please take exactly as directed.
11. 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 firmer. This is a sign of healing, but also indicates the presence of a bite imbalance that needs to be adjusted.

Contact your surgeon in case of the following:

- Severe, uncontrolled bleeding or pain; especially if it begins after 24 hours.
- Swelling which has onsets 48 hours after surgery.
- Elevated temperature (over 101 degrees F)

Dr. Kinan M Al-Bitar- (414) 751-0813

Dr. Jeffrey M Garcia 414-502-7221

DIET INSTRUCTIONS ON BACK

DIET INSTRUCTIONS

- **The first three (3) 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. Suggestions listed below. The purpose of this is to protect the clot that is acting as a “band-aid” between the gums and the teeth. **Do not drink through a straw**, as this creates a vacuum in your mouth that can disturb the “band-aid”. Take your prescribed medications and daily vitamins.

“Liquid-like” Diet Suggestions

DAILY VITAMINS!

Anything put through a food blender

Cream of Wheat, Thin Oatmeal, Malt O Meal

Mashed Avocado, Applesauce

Mashed Potatoes or Baked Potatoes – OK with butter/sour cream

Mashed Banana or any mashed/blended fruit except berries with seeds

Broth or Creamed Soup

Jell-O, Pudding, Ice Cream, Yogurt

Milk shake/smoothies – DO NOT blend with berries containing seeds

Ensure, Slim Fast -nutritional drinks

- **Next four (4) days after treatment**, foods with a “*mushy*” consistency such as those listed below are recommended.

“Mushy” Diet Suggestions

Mashed steamed vegetables

Baked potatoes, Sweet Potato or Butternut squash

Cottage cheese, Cream or Soft cheese

Creamy peanut butter without solid pieces

Eggs any style, with or without melted cheese

Omelets can have cheese and avocado

Canned vegetables slightly mashed

Canned soups- no meats

- **Starting seven (7) to ten (10) days after treatment**, soft foods may be allowable. The time to start on soft foods is dependent upon the loss of the white material that appeared around your teeth following LANAP® treatment. You were introduced to this material by your doctor or doctor’s assistant during your follow-up visit immediately following your initial treatment session. It was explained to you that you must leave this material alone until it naturally heals and disappears. Once the white material has disappeared, then soft foods can be introduced.

Soft foods have the consistency of pasta, fish, chicken, or steamed vegetables.

You may then, gradually add back your regular diet choices.

- **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.

DON’T

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 teeth, raw vegetables/salad.