



Post LANAP® Treatment Diet

• **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.