LASER ASSISTED NEW ATTACHMENT PROCEDURE (LANAP)

1. Do not be alarmed with any color changes or appearance of tissues following laser therapy. Tissues can be gray, tan, yellow, red, blue, purple and stringy. These changes reflect normal response to laser treatments. **DO NOT DISTURB THIS AREA.**

2. It is OK to rinse and wash your mouth **GENTLY** starting tomorrow. Rinse as directed with the prescribed rinse morning and night. It can be helpful to rinse gently every three (3) hours with warm salt water (1/2 teaspoon of salt dissolved in an 8 oz. glass of warm water).

3. Do not chew on the side of your mouth that has been treated until you are advised.

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 area of surgery.

5. Do not apply excessive tongue or cheek pressure to the area where surgery was performed.

6. Do not be alarmed if one of the following occurs:
   - Light bleeding
   - Slight swelling
   - Some soreness, tenderness, or tooth sensitivity
   - Medicinal taste from mouth wash or other medicines

7. Some oozing of blood may occur and will appear to be greatly exaggerated when it dissolves in saliva. Determine the site 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.

8. It is very important to maintain a healthy diet and proper fluid intake. Try to eat soft, nutritious food. The LANAP diet instructions are included. You can return to a normal diet as soon as you are advised. **DO NOT** suck through a straw, it will disturb the area.

9. The teeth may become sore, tender, or sensitive as the bone and ligaments around the teeth regenerate and become more firm. This could last 2 weeks after therapy and extending as long as 1 year or more. This is a sign of healing but also indicates the presence of a bite imbalance that needs to be adjusted. Occlusal adjustments are an ongoing part of your care and maintenance of the LANAP surgery.

10. If antibiotic pills are prescribed, the entire bottle or prescription should be taken for the stated number of days or weeks. **There will be 2 antibiotics taken together 2 or 3 times a day for 1 week (7 days).**

11. If you are not allergic to generic ibuprofen – (e.g. Motrin, Advil), it will be prescribed immediately before treatment primarily to minimize **tissue swelling** and **local inflammation** that is a natural side-effect of minor surgery. Ibuprofen is non-narcotic and does not affect your ability to drive. **You will take ibuprofen 800mgs 3x/day for 3 days.**
12. Peridex (Chlorhexidine), an antimicrobial rinse, will be prescribed and it should be used full strength, 2 times per day, for at least two weeks. Do not rinse your mouth for 30 minutes after.

13. Please call the office so that we may render further treatment if any of the following occurs:
   - Prolonged severe pain
   - Prolonged or excessive bleeding
   - Considerable elevated or persistent temperature
   - If there is any discomfort lasting more that 2 or 3 days, please call the office as soon as possible. Our phone number is 402-933-0300. After hours number is: 402-578-1411

**POST LANAP DIET INSTRUCTIONS**

- **The first seven to ten days** following LANAP surgery, follow only a liquid 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”. Take daily vitamins.

- **Next ten to twenty days after treatment**, allowable soft foods may have the consistency of pasta, fish, chicken or steamed vegetable. Foods with a “mushy” consistency such as those listed below are recommended (*see below).

- Please remember that even after ten days healing is not complete. The first month following treatment you should continue to make healthy, smart food choices. Softer foods are better.

**DIET SUGGESTIONS:**

- DAILY VITAMINS!!!
- Anything put through a food blender
- Cream of Wheat, Oatmeal, Malt o Meal
- Mashed banana, mashed avocado, applesauce
- Mashed potatoes or baked potatoes, OK with butter and sour cream
- Broth or creamed soups
- Steamed vegetables
- Yams, baked sweet potato or butternut squash
- Cottage 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
- Ensure, Slim Fast, nutritional drinks
- Milk shakes, smoothies-
  Ok to blend with fruit except **NO BERRIES with SEEDS**
- Pasta, fish, and chicken

**DO NOT EAT:**

- Chewing gum
- Candy
- Cookies
- Chips
- Nuts
- Anything hard
- Anything crunchy
- Anything with seeds
- Raw vegetables/salad
- Meat that shreds and can lodge under gums and in between teeth

We have completed a very extensive periodontal laser surgery. For this surgery to be most effective it is very important that you continue on with a 3 month recare program. **NOT** following through with this 3 month recare therapy will greatly affect the results of the laser surgery. This requires that you follow through with us every 3 months for 1 year.