

## **Pre-Treatment Recommendations for Laser Pocket Surgery (LANAP)**

We have scheduled a significant block of time for our team to concentrate on your visit with us. 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 our recommendations.

1. Avoid taking aspirin for **one week** prior to your appointment (aspirin can cause easy bleeding).
2. Take antibiotic pre-medication if required.
3. Take any prescribed sedatives as directed; if you are prescribed sedatives, you must have someone drive you to and from your appointment.
4. Eat a good breakfast and/or lunch on the day of your appointment.
5. Wear comfortable, loose-fitting clothing to your appointment.
6. If you are not allergic to ibuprofen (Advil, Motrin, etc.) it will be prescribed, primarily to minimize tissue swelling that is a natural side effect of minor surgery. It will also be recommended to control post-operative pain. Ibuprofen is non-narcotic and does not affect your ability to drive.
7. If antibiotics are prescribed, the entire prescription should be taken as directed. If an antimicrobial mouth rinse is prescribed, it should be used full strength, two times per day, as directed.
8. If you experience sharp or prolonged pain lasting more than 2 – 3 days please contact the office immediately. Someone is available 24 hours for problems or any concerns. Dr. Huber can be reached after hours at 288-8003 or 373-9861.

## **PATIENT INSTRUCTIONS FOLLOWING LASER PERIODONTAL DISEASE THERAPY (LANAP)**

1. Do not be alarmed by any color changes or appearance of tissues following laser therapy. Tissues can be gray, tan, yellow, red, blue, purple, and/or “stringy”. These changes reflect normal response to laser treatments. Do not disturb this area.
2. Reduce activity for 2-3 days following the surgery.
3. It is OK to spit and rinse your mouth **GENTLY, starting tomorrow**. Rinse as directed with the prescribed rinse morning and night. In between, it is of help to rinse gently every few hours with warm salt water (1/2 teaspoon of salt dissolved in an 8 oz. glass of warm water).
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 affected area.
6. Do not be alarmed if any of the following occurs:
  - light bleeding
  - slight swelling
  - some soreness, tenderness, or tooth sensitivity
  - medicinal taste from mouthrinse or other medications
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7. To keep swelling at a minimum, gently place an ice pack on the outside of the face (20 minutes on, 20 minutes off) immediately following surgery and for the next day.
8. Blood clotting around the teeth is normal and expected. Slight oozing of blood may occur. Pressure applied with moist gauze or teabag will help resolve any oozing. If bleeding is excessive and continues, please call the office.
9. It is very important to maintain a good food and fluid intake. Try to eat soft but nutritious foods following the LANAP diet instructions until you are advised to return to a normal diet. **DO NOT** use a straw, as this will create suction and disturb the area.

10. If medication has been prescribed, please take exactly as directed.
11. Please call the office so we may render further treatment if any of the following occurs:
  - prolonged or severe pain
  - prolonged or excessive bleeding
  - considerably elevated or persistent temperature
12. Do not be alarmed that beginning just 2 weeks after surgery and extending for as long as one 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. Occlusal adjustments are an ongoing part of your care and maintenance.

### **Post LANAP Diet Instructions**

- **The first three days following Laser Therapy:** follow only a liquid diet to allow healing. Anything that can 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 gums and the teeth. DO NOT drink through a straw, as this creates a vacuum in your mouth that can disturb this clot. Take daily vitamins.
- **Next four days after treatment:** foods with a “mushy” consistency such as those listed below are recommended.
- **Seven to ten days after 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.
- 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 blender
- Cream of Wheat, oatmeal, Malt-O-Meal
- Mashed banana, mashed avocado, applesauce
- Mashed potatoes or baked potatoes with butter and/or sour cream
- Broth or creamed soups
- Mashed steamed vegetables
- 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 (no berries with seeds)
- Ensure, Slim Fast, nutritional drinks

## **FOODS TO AVOID**

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