



# Latham Periodontics

*Practice Limited to Periodontics, Implants & Endodontics*

## **LANAP Post-op Instructions**

LANAP Post-op Instructions The first three days following laser therapy, follow only a liquid-like diet to allow healing. Anything that can be put into a blender is ideal. The purpose of this is to protect the clot that is acting as a “Band-Aid” between the gums and teeth. Do not drink through a straw, as this creates a vacuum in your mouth that can disturb the “Band-Aid.” Take daily vitamins. The next four days after treatment, foods with a “mushy” consistency such as those listed below are recommended. See below. Starting seven to ten days after treatment soft foods may be allowable. The time to start on soft foods is dependent upon the loss of white material that appeared around your teeth following the LANAP treatment. You were introduced to this material by your doctor or your 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. Resume oral hygiene one month after laser surgery. “MUSHY” DIET SUGGESTIONS... Anything put through a food blender. Cream of Wheat, oatmeal, Malt-O-Meal, Ensure, Slim-Fast nutritional drinks Mashed avocado, applesauce, potatoes/ baked potatoes Mashed banana or any other mashed /blended fruit, but NO berries with seeds. Broth or creamed soup. Soft cheeses: cottage cheese/cream cheese Eggs any style, with or without cheese. Jello, pudding, ice cream, yogurt. Milkshakes, smoothies – DO NOT blend with berries containing seeds. \*\*\*Please Take Daily Vitamins\*\*\* DON'T Chew gum, cookies, chips, nuts, anything hard or crunchy. Anything with seeds, hard meat that shreds and can lodge under the gum and between teeth, raw vegetables/ salad. Doctor Choi's office number: (518) 785-1067 Dr. Choi's cell number: (518) 429-8145

Sincerely,

Dr. Choi, DMD

Dr. Jeff Koa, DMD

Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_