



## **Post LANAP Treatment Diet Instructions**

- The first three 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. 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.
- Next four days after treatment, foods with a “mushy” consistency such as those listed below are recommended.
- 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 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 return 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.



## Mushy Diet Suggestions

### DAILY VITAMINS!

Anything put through a food blender

Cream of wheat, oatmeal, Malt O Meal

Mashed avocado, applesauce

Mashed potatoes or baked potatoes

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

Broth or creamed Soup

Mashed steamed vegetables

Mashed yams, baked 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 or avocado

Jell-O, pudding, ice cream, yogurt

Milk shake/smoothie-DO NOT blend with berries containing seeds

Ensure, slim fast-nutritional drinks

### 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.



## Post LANAP OHI “Loose Instructions”

Healing occurs at an individual’s own rate and is affected by outside influence such as mechanical or bacterial trauma.

LOOSE OHI Guidelines:

1. Manual brush at 7-10 days
2. Floss at 3-4 weeks above gum tissue only
3. Electric toothbrush at 4-6 weeks gently and on low setting above gum tissue only
4. Oral irrigators 3-6+ months
5. Keep using the Chlorhexidine rinse the entire time you are not brushing (about 2-4 weeks) and switch to a non-staining rinse indefinitely such as Listerine, Crest Pro Health, etc.

If you have any questions or concerns, please call the office at 735-6441.