

Post LANAP@ - Diet Instructions

The first three days: follow only a liquid-like diet to allow healing, Anything that could be put into a blender to drink is ideal, The real purpose of this is to protect the clot that acts as a "biological band-aid" between the gums and the teeth, Do not drink through a straw since this creates a vacuum in your mouth that can disturb the "band-aid". Take daily vitamins,

The next four days: foods with a "mushy" consistency such as those listed below are recommended,
(see below)

Starting seven to ten days after: soft foods may be allowable. The time to start on soft foods depends upon the loss of the white material that appeared around your teeth at the gumline following LANAP@ treatment. This material was mentioned to you previously as the "biological band-aid". 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.

"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 - OK with butter/sour cream

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

Broth or Creamed Soup

Mashed steamed vegetables

Mashed Yarns, 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 and avocado

Jell-O, Pudding, Ice Cream, Yogurt

Milk shake/smoothies - DO NOT blend with berries contains seeds

Ensure, Slim Fast - nutritional drinks

AVOID CHEWING: gum, candy, cookies, chips, nuts, anything hard or crunchy, anything that has seeds, or "skins" on them (nuts, beans, corn). Also meat that shreds and can lodge under the gum or between teeth, raw, undercooked vegetables.

Smokers/Tobacco Users Warning

Tobacco has a very large effect on your gums and the disease you have in them. Tobacco is associated with an increased disease rate in terms of loss of the bone and gums that are holding your teeth in, as well as an increase in the space between the gums and teeth, Tobacco is a major factor for chronic gum disease. Any type of smoking and/or chewing tobacco will have an adverse effect on the progress of your healing and that may cause the gum disease to re-occur after treatment. If you are a smoker or chew tobacco, we highly recommend not to do so while you are healing or any time after that.

Patient instructions following LANAP@ Treatment by Dr. Nelson

1. Do not be alarmed with any color changes or appearance of gum tissue following laser therapy, Gum tissue can turn gray, yellow, red, blue, purple, and "stringy" and reflects a normal response to laser treatments.
2. Do not apply excessive tongue or cheek pressure to the treated area.
3. Do not be alarmed if one of the following occurs:
 - a. Light bleeding
 - b. Slight swelling
 - c. Some soreness, tenderness, or tooth sensitivity
 - d. Medicinal taste. from Peridex
4. Swelling may possibly occur, though it is rarely needed, the following may help: gently place an ice pack on the outside of the face for 20 minutes each hour until you retire for sleep that night, Do not continue using the ice bag beyond the day of the periodontal surgery.
5. Some oozing of blood may occur and will appear to be greatly exaggerated when mixed with saliva. Determine the side 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,
6. Please call the office at (502)425-9285 Monday through Thursday 7:30- 4 or Dr Nelson's home after hours at (502)426- 5476 (leave a message and he will return the call) so that he may render further treatment if any of the following occurs:
 - a. Prolonged or severe pain
 - b. Prolonged or excessive bleeding
 - c. Considerably elevated or persistent temperature,
7. If medication has been prescribed, please take exactly as directed. Antibiotic pills are prescribed. The entire bottle or prescription should be taken for the stated number of days or weeks. If you are not allergic to ibuprofen (Advil, Motrin, Nuprin), we will most likely prescribe it primarily to minimize tissue swelling, and local inflammation that is a natural side effect of minor surgery. Ibuprofen is also good to reduce post operative pain and sensitivity. Ibuprofen is non-narcotic and does not affect your ability to drive. Never place aspirin directly on the tissue of a painful area,
8. Reduce physical activity for several hours following the surgery to maximize healing.
9. Try to keep your mouth as clean as possible in order to help the healing process. Only brush and floss the untreated area of your mouth. Do not brush or floss the treated area for **7-10 days** or as directed by your doctor'. Do not use a water pik.
10. You may spit, and gently rinse your mouth the day of treatment. Rinse your mouth gently 2 times a day with Peridex. In between Peridex rinses, rinse your mouth very gently 3 times that day with warm salt water (2 teaspoon of salt dissolved in al 8oz. glass of warm water). For the next several days rinse with both Peridex and salt water as previously mentioned but with more vigor.
11. You will be on a liquid diet for 3 days, then a diet of "mushy"/soft foods for 4 days, and then a diet of smart food choices for the remainder of the month, It is very important to maintain a good food and fluid intake. Try to eat soft but nutritious food such as eggs, yogurt, cottage cheese, malts, ice cream, etc.. until you can comfortably return to a normal diet. Please refer to the Post LANAP@ Diet Instructions (on the next page),
12. Avoid spicy or excessively hot foods during the initial 3 day liquid diet period,
13. When eating do not chew on the side of your mouth which has been treated.
14. Do not be alarmed if, beginning 2 weeks after therapy and up to a year or more, the teeth may become sore and tender 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 may need to be adjusted.
15. "Spaces" between your teeth may result from reduction of inflammation, swelling, and the removal of diseased tissue after the LANAP@ treatment, these spaces usually fill in over time. Again, bite adjustment is critical to making sure the teeth and gums a-re not traumatized and can regrow.

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