

Northwest Periodontics & Dental Implants

◆ LASER ◆ Implants ◆ Sedation ◆



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Post LANAP Treatment Diet Instructions

Next Apt: _____.

- **First 3 days following laser surgery:**
- “Liquid” diet to allow for healing. Anything you can swallow without chewing.
 - *****Liquid Diet Suggestions*****
 - Protein Shakes-Boost, Ensure, Slim Fast-nutritional drinks
 - Jell-O, Pudding, Ice Cream, Yogurt
 - Milk shake/smoothies – **DO NOT blend with berries containing seeds**
 - Mashed Potatoes
 - Applesauce
 - Cottage Cheese
 - Cream of wheat, Oatmeal, Malt O Meal **NOT grits**
- Avoid **Hot** liquids for the first **2 days**. The purpose of avoiding hot liquids is to protect the clot that is acting as a “band-aid” between the gums and the teeth.
- Do not drink through a straw for **2 days**, as this creates a vacuum in your mouth that can disturb the “band-aid”.
- **Next 4 days following laser surgery:**
- “Mushy” diet. Any foods with a mushy consistency and that do not require a lot of chewing.
 - *****Mushy Diet Suggestions*****
 - Anything put through a food blender
 - Baked Potatoes/Sweet Potatoes – OK with butter/sour cream
 - Mashed Banana or any mashed/blended fruit **except berries with seeds**
 - Broth or Creamed Soup
 - Mashed steamed vegetables **NOT broccoli**
 - Creamy peanut butter without solid pieces
 - Eggs cooked any style
 - Flakey baked fish
 - Pasta/egg salad, macaroni
- **SEVEN to TEN days after laser surgery:**
- “Soft” foods are allowed and you will 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 with vitamins, minerals, and protein to allow your gums to heal. Softer foods are better.

None of the following for 6 weeks after treatment

Popcorn, nuts, grits, gum, candy, chips, crackers, pretzels, anything hard or crunchy, anything that has seeds (strawberries, raspberries, blackberries), chia seeds, tough meat that requires a lot of chewing, meat that shreds and can lodge under the gum and between the teeth, raw or crunchy vegetables/salad.

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 may cause the gum disease to re-occur after treatment. If you are a smoker or chew tobacco we highly recommend not do so while you are healing or any time after healing.

Patient instructions following LANAP® Treatment

- If medication has been prescribed, **please take exactly as directed**. If an antibiotic is prescribed, the **entire prescription should be taken for the stated number of days or weeks**. If you are not allergic to Ibuprofen (Advil, Motrin), we will prescribe it 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. Never place aspirin directly on the tissue of a painful area.
- Reduce physical activity for several hours following the surgery to maximize healing.
- 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**. When you start brushing only use the manual brush given to you by our office and floss gently not contacting the gums. **No electric or battery powered brush for six weeks following surgery. If you use a Waterpik, please let us know and we will instruct you on its usage after one month post-surgery**. You will be instructed along the way at your visits on when to resume normal oral hygiene usage including interdental aids.
- You may spit, and gently rinse your mouth the day of treatment. Rinse your mouth gently two times a day with the rinse we have provided. In between rinses, rinse your mouth gently two times a day with warm salt water (1/2 teaspoon of salt dissolved in an 8oz. glass of warm water). For the next several days rinse with both your provided rinse and salt water as previously mentioned but with vigor.
- 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.
- Do not be alarmed if one of the following occurs: Light bleeding, slight swelling, some soreness, tenderness, or tooth sensitivity
- Swelling may possibly occur. To keep this at a minimum, 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.
- Some oozing of blood may occur and will appear to be greatly exaggerated when it dissolves in 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.
- Do not be alarmed that beginning with just two weeks after therapy and extending as long as one 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.
- “Spaces” between your teeth can result from reduction of inflammation, swelling, and the removal of diseased tissue after the LANAP® treatment. These spaces usually fill in over time, and again, bite adjustment is critical to making sure the teeth and the “papilla” is not traumatized and can regrow.
- **After you complete the program you will be seen for follow up care and periodontal maintenance visits. This is extremely important to preserve the work that has been done.**

- We do not anticipate any of the following, however if any of this occurs, please call the office at **770-928-6655** or you may reach Dr. Halpern, Dr. ElMaraghi or Olivia (Surgical Assistant) after hours and on weekends.

Dr. Halpern: 404-680-6177

Dr. ElMaraghi: 859-469-2670

Olivia: 770-324-2405

- Prolonged or severe pain
- Prolonged or excessive bleeding
- Considerably elevated or persistent temperature.