

Northwest Periodontics & Dental Implants

◆ LASER ◆ Implants ◆ Sedation ◆



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LANAP Pre-Surgical Instructions

Day of appointment

- Please take all your regular daily medications as normal unless instructed otherwise.
- Take three 200mgs of Ibuprofen (Advil, Motrin), not Acetaminophen (Tylenol) before your appointment.
- Please take any pre-medications for your surgery, such as steroids or antibiotics, as directed by my surgeon
- Eat a nutritious meal before your appointment.
- Please do not wear face makeup on the day of your surgery.
- Bring music/ headphones if you would like

Plan to rest the remainder of the day following your surgery. Soft cold foods for the first 48 hours are recommended as well as plenty of cold liquids. *No carbonated beverages, nothing through a straw and no smoking for 48 hours after surgery.*

Following LANAP surgery, you will be required to follow a “liquid” diet (anything that doesn’t require chewing) for the first three days and a “mushy” diet (anything that doesn’t require a lot of chewing) for the remainder of the week.

Recommended foods to have on hand for the liquid diet

- Protein shakes – Boost, Ensure, SlimFast, etc...
- Jell-O, Pudding, Ice Cream, Yogurt
- Milkshakes/Smoothies – Do NOT blend with berries containing seeds
- Mashed Potatoes
- Applesauce
- Cottage Cheese
- Cream of Wheat, Oatmeal, Malt O Meal – NOT grits

Recommended foods to have on hand for the “mushy” diet

- Anything put through a food blender
- Baked potato/Sweet potato – OK with butter/sour cream
- Mashed banana or any mashed/blended fruit except berries with seeds
- Mashed steamed vegetables NOT broccoli
- Creamy peanut butter without solid pieces
- Eggs cooked any style, Pasta/egg salad, macaroni
- Flakey baked fish
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If you have any other questions or concerns, please call our office at 770-928-6655 or the surgical assistant Olivia at 770-324-2405.

NOTE: We require a minimum of *48 hours* notice in order to change a surgery appointment this allows us to serve you and all our patients. A charge of *15%* of your total surgical fee for that date will be applied to your account otherwise. Full payment is required at time of service.