



Patient Instructions following Laser Therapy (LANAP)

1. Do not be alarmed with any color changes or appearance of tissues following laser therapy. Tissues can be gray, tan, yellow, red, blue, purple, and stringy. These changes reflect normal response to laser treatments. Do not disturb this area.
2. Reduce activity for two to three days following the surgery.
3. It is okay to spit, rinse, and wash your mouth **gently starting tomorrow**. Rinse as directed with the prescribed rinse morning and night. In between, it is helpful to rinse gently every three hours with warm salt water (1/2 teaspoon salt in an 8 ounce glass of really warm water) or hydrogen peroxide mixed half and half with warm water.
4. Do not chew on the side of your mouth which has been treated until you are advised. Do not eat spicy or excessively hot foods.
5. Try to keep your mouth as clean as possible in order to help the healing process. Brush, floss, and follow other home care measures in all areas of your mouth except for the area of surgery.
6. Do not apply excessive tongue or cheek pressure to the surgical area.
7. Do not be alarmed if one of the following occurs: Light bleeding, slight swelling, some soreness, tenderness, or tooth sensitivity or medicinal taste from mouthwash or other medicines.
8. In some circumstances, a surgical pack is placed on the area to prevent food, trauma, and/or smoke from irritating the surgical tissues. If a piece of the pack falls out or if the entire pack loosens or falls out, do not be alarmed; but call and advise us.
9. Swelling may occur. To keep this to a minimum, gently place an ice pack on the outside of the face for 20 minutes each hour until you go to sleep that night.
10. Some oozing of blood may occur and will appear to be greatly exaggerated when it dissolves into saliva. Determine the site of oozing and place pressure on this area. If you cannot locate the origin of the bleeding, rinse your mouth gently with ice water and apply a wet teabag to the general area. If excessive bleeding continues, please call the office.
11. It is very important to maintain a good food and fluid intake. Try to eat soft but nutritious food followed by the LANAP diet instructions until you can return to a normal diet as soon as you are advised. **Do not suck through a straw**. Sucking pressure will disturb the area.
12. If medication has been prescribed, please take exactly as directed.
13. Please call the office so that we may render further treatment if any of the following occurs: Prolonged or severe pain, excessive bleeding, considerably elevated or persistent temperature
14. 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, tender, or sensitive 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 needs to be adjusted. Occlusal adjustments are an ongoing part of your care and maintenance.
15. If you are not allergic to Advil (generic Ibuprofen- e.g. Motrin), it will most likely be prescribed immediately before treatment primarily to minimize **tissue swelling and local inflammation** that is a natural side effect of minor surgery. Ibuprofen is non-narcotic and does not affect your ability to drive.
16. If you feel you would be more comfortable with some form of pain relievers for the evening and days after your appointment, please advise us in advance so that we may prescribe the appropriate medication. Pain relievers are to be taken on an as-needed basis.
17. If antibiotic pills are prescribed, the entire bottle or prescription should be taken for the stated number of days or weeks.
18. If Peridex anti-microbial rinse is prescribed, it should be used full-strength, **2 times per day, for 2 days**.
19. Any mouth tissue irritation can be relieved with warm salt water. (1/2 teaspoon salt in an 8 ounce glass of really warm water).
20. Someone is available 24 hours a day for problems involving pain, prolonged bleeding, or any noticeable swelling.

Office: (603) 224-9474



Diet Suggestions after Laser Surgery

- DAILY VITAMINS!!
- Anything put through a food blender
- Cream of wheat, oatmeal, Malt o Meal
- Mashed banana, mashed avocado, applesauce
- Mashed potatoes or baked potatoes- okay with butter and sour cream
- Broth or creamed soups
- Mashed steamed vegetables
- Mashed yams, baked sweet potatoes, or butternut squash
- Cottage cheese, cream cheese, or soft cheeses
- Eggs any style, with or without melted cheese
- Omelets can have cheese or avocado
- Jello, pudding, ice cream, and yogurt
- Milkshakes, smoothies- okay to blend with fruit except no berries with seeds
- Ensure, Slimfast, nutritional drinks

DO NOT EAT

- Chewing gum, candy, cookies
- Chips, crackers
- Nuts, popcorn
- Anything hard or crunchy
- Anything with hard pieces or seeds
- Raw crunchy fruits or vegetables
- Steak or meat that shreds and can lodge between teeth

After 10 days, healing is not complete. The first month following treatment, you should continue to make smart food choices. Softer foods are better. Gradually add back in your regular diet choices.

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