



# POST OPERATIVE INSTRUCTIONS FOR LANAP/LASER PERIO THERAPY

PATIENT NAME \_\_\_\_\_

DATE \_\_\_\_\_

Antibiotics may be prescribed for post-operative infection prevention to improve your overall health. Take any prescribed medication according to directions.

Dental laser procedures result in little or no discomfort following surgery. Take prescribed pain medications according to instructions if needed.

Carefully avoid chewing food in areas of the mouth where the laser has been used. One of the most important results of laser surgery is the healing that occurs following the initial procedure. It is extremely important not to dislodge the tiny clots (red lines) that form in the gums.

## DAILY CARE

- Brush the teeth by placing the bristles of the brush on the gums below the tooth and carefully rolling the bristles toward the tooth surface. DO NOT stick the bristles into the gums.
- Brush the chewing surfaces of the teeth.
- When flossing, carefully place the floss between the teeth and avoid pushing the floss under the gums until instructed to do so.
- During the first week, eat only soft foods. Do not chew where the surgery was performed.

The length of time it takes for the gums to heal depends upon the severity of the disease. Most healing in the surface areas takes 2-4 weeks. Deeper pocket areas may take several months to completely heal.

1. Soft diet for: **1 WEEK OR AFTER FOLLOW UP APPOINTMENT**
2. Gentle brushing (biting surface only) for: **AFTER 3 DAYS FOR 1 WEEK**
3. Gentle flossing after: **AFTER 3 WEEKS**
4. Resume normal diet after: **AFTER YOUR FOLLOW UP APPOINTMENT**
5. Resume normal brushing after: **1 WEEK**
6. Resume normal flossing after: **3 MONTHS**

special instructions: **AO GEL TWICE A DAY**

## SOFT 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— okay with butter/sour cream
- Mashed Banana or mashed/blended fruit except berries w/ 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 and avocado
- Jell-O, Pudding, Ice Cream, Yogurt
- Milk shake, smoothie— DO NOT blend with berries containing seeds
- Ensure, Slim Fast— nutrition drinks

DO NOT: 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.

if you have any questions or concerns, please do not hesitate to contact our office at: 806.797.0341