

PATIENT INSTRUCTIONS FOLLOWING LANAP, LAPIP, or Laser Pocket Disinfection

1. Do not be alarmed with any color changes or appearance of tissues following laser therapy. Tissues can be gray, red, blue, purple, and “stringy” and these reflect normal response to laser treatments.
 2. **DO NOT DISTURB THE WOUND** – In doing so you may invite *irritation, infection and bleeding*. **SPOTTING** of blood is normal for the first 24 hours.
 3. **REST** – Get adequate rest. Strenuous activity can cause renewed bleeding and delayed healing for 5-7 days following the procedure. The proper care following the surgical procedure will hasten recovery and prevent complications.
 4. **HOME CARE - Do not swish aggressively for the first 24-48 hours following surgery.** It is very important to maintain the blood clot over the healing site and swishing will disrupt it. Use the prescription mouth rinse (Periogard) or warm salt water to do head tilt rolls as instructed. Do not brush the surgical area for 1 week following surgery. We will provide you with a soft “post-op” brush to start using on the teeth, but you will still stay away from the gums. All other teeth should be brushed and flossed as usual. **Rinse 2 times a day, morning and night, and do not rinse with water following Periogard.** Periogard rinse *WILL STAIN YOUR TEETH AND TONGUE after prolonged use (over 1 week); (Disregard if using StellaLife products and see their brochure for instructions).* After 1 week of rinsing with Periogard, switch to an alcohol free OTC rinse; we recommend the “Natural Dentist”.
 5. **SWELLING:** To aid in the prevention of swelling after oral surgery, ice packs should be placed at intervals of 20 minutes on and 20 minutes off externally around the surgical site for 24 hours following the procedure. Do not place ice packs inside the mouth. **Maximum swelling and bruising does occur 72 hours after surgery.** Bruising can be blue, purple, green, yellow, or brown and travel down the neck or up the cheek as it heals.
 6. **ANTIBIOTICS:** If antibiotics are prescribed, be certain to continue taking the **full course.** *If you develop hives or a rash, please discontinue use, take Benadryl, and call our office immediately!* Antibiotics are prescribed as a precaution; however, this does not mean an infection will not occur.
 7. **SMOKING or VAPING**– Refrain from these for at least 7 days post-surgery as this will hinder the healing process and can lead to complications.
- Do not be alarmed if the teeth become sore and tender as the bone and ligaments around the teeth regenerate and become firmer. This is a sign of healing, but also indicates the presence of a bite imbalance that needs to be adjusted. Bone regeneration can take up to 2 years.
 - If your bite feels “off,” please inform us immediately as this can hinder healing.
 - “Spaces” between your teeth can result from the reduction of inflammation, swelling, and the removal of diseased gum tissue after the LANAP treatment. These spaces usually fill in over time, and again, bite adjustments are critical to making sure the teeth and the “papilla” are not traumatized and have the best chance to regenerate.
 - Never miss your scheduled hygiene appointment at our office or your restorative doctor’s office if you want the best chance of success following laser gum surgery.

DIETARY SUGGESTIONS FOLLOWING SURGERY

Please keep in mind it is important to eat a soft diet for the first week after surgery. This does not always mean a liquid diet, but “mushy”.

The **first day** following surgery, cold/room temperature soft foods only such as:

- Anything put through a blender/food processor
- Cottage Cheese
- Jell-o
- Pudding
- Yogurt
- Applesauce
- Plain ice cream
- Milkshakes & Smoothies (DO NOT USE A STRAW)
- Protein drinks

The **second day** after surgery, you may introduce warmer “mushy” foods such as:

- Macaroni and cheese
- Broth or Creamed Soups
- Mashed potatoes
- Eggs any style
- Pastas
- Flaky fish
- Shredded meats
- Most steamed vegetables (i.e. Potatoes, Yams, Cauliflower, Squash, Green Beans, Carrots)
- Avocados
- Cheese
- Bananas
- Cream of wheat

DO NOT EAT:

- Nuts/Seeds/Berries (strawberries, raspberries, & chia/flax seeds)
- Chips, Pretzels, or Popcorn
- Hard Breads (sourdough, dutch crunch, etc.)

Things to remember:

- ✓ Avoid extremely hot foods and citrusy foods as they can irritate surgical site
- ✓ Chew on opposite side of surgical site
- ✓ Do not eat/drink with gauze in mouth
- ✓ Do not use a straw until you return to the Ueno Center for post-op evaluation