

**PATIENT INSTRUCTION FOLLOWING
LASER PERIODONTAL (GUM) DISEASE THERAPY (LANAP)**

1. Do not be alarmed with any color changes or appearance of tissue following laser therapy. Tissue can be gray, yellow, red, blue, purple, and "stingy." This could reflect normal response to laser treatment. **DO NOT DISTURB THIS AREA!!**
2. It is OK to spit, gently rinse and wash your mouth today. Rinse as directed with Peridex or Perioguard morning and night. In between it is OK to rinse gently every 3 hours with warm salt water (1/2 teaspoon of salt dissolved in an 8 oz. glass of luke warm water.) Do not chew on the side treated by the laser.
3. 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 the areas of your mouth except for the surgery area.
4. Do not apply excessive tongue or cheek pressure to the surgery area.
5. Do not be alarmed if one of the following occurs:
 - a. Light bleeding
 - b. Slight swelling
 - c. Some soreness, tenderness or tooth sensitivity
 - d. Medicinal taste, from Peridex or Perioguard
6. It is very important to maintain a good food and fluid intake. Try to eat soft but nutritious food by following the LANAP diet instructions (attached) until you can return to a normal diet as you are advised.
7. Please call the office so that we may render treatment if any of the following occurs:
 - a. Prolonged or severe pain
 - b. Prolonged or excessive bleeding
 - c. Considerable elevated or persistent temperature
8. Do not be alarmed that beginning with just 2 weeks after therapy and extending as long as 1 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 indicate the pressure of a bite imbalance that needs to be adjusted. Occlusal adjustment is an ongoing part of your care and maintenance.

Office 870-8341
Dr. Leigh Kent (cell) 356-3131

PATIENT INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

- Apply ice pack to area for 3-4 hours (10 minutes on, 10 minutes off.) This will help control swelling.
- Take pain medication before anesthesia wears off. It is easier to stay ahead of pain than trying to catch up with the pain.
- Eat soft foods for the rest of the day. Avoid hot liquids, spicy or highly acidic foods for the next several days. Gently chew on the opposite side of the mouth. Avoid using a straw. Your body is forming a blood clot in the surgical site. Drinking through a straw or spitting will break the tension of the blood clot.
- In some cases, periodontal dressing is applied to the surgical site. Avoid brushing to help retain the dressing. If the dressing comes loose, remove and discard. Rinse frequently with one-half teaspoon salt in an 8oz. glass of lukewarm water as needed to soothe. Avoid mouth rinses.
- Cease exercise for 3 days. Exercise increases your blood pressure, which can increase swelling and bleeding.
- When sleeping tonight, keep head elevated. A recliner is ideal to sleep in or place additional pillows under your head.
- If you are using an electric toothbrush, please discontinue use until your post-surgical exam.
- If bleeding occurs, keep head elevated. Apply pressure with a moist, caffeinated tea bag for 45 minutes. If the bleeding continues, call Dr. Kent.

**Office
Dr. Leigh Kent**

**870-8341
356-3131**

**Stop by Starbucks for a treat
Something cold, nice & sweet
We hope this helps you as you heal
And better you will feel!**

Enjoy a Frappuccino at Starbucks!

Post LANAP Diet Instructions

- **The first three days** following Laser Therapy, follow only a liquid-like diet to allow healing. Anything that could be put into a blender is ideal. The purpose of this is to protect the clot that is acting as a "band-aid" between the gum and the teeth. Do not drink through a straw, as this creates a vacuum in your mouth that can disturb the "band-aid". Take daily vitamins.
- **Next four days after treatment**, foods with a "mushy" consistency such as those below are recommended. *see below
- **Seven to ten days after treatment**, allowable soft foods may have the consistency of pasta, fish, chicken, or steamed vegetables. You may then, 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. Softer foods are better.

*Diet Suggestions

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 - OK with butter/sour cream

Broth or creamed soup

Mashed steamed vegetables

Mashed yams, baked sweet potato, or butternut squash

Cottage cheese, cream or soft cheese

Eggs (any style), with or without melted cheese

Omelets can have cheese and avocado

Jell-O, pudding, ice cream, yogurt

Milk shake/smoothie - OK to blend with fruit except no berries w/seeds

Ensure, Slim Fast - nutritional drinks

Do Not

Chew gum, eat candy, cookies, chips, nuts, or anything hard or crunchy, anything with seeds or hard pieces, meat that shreds and can lodge under the gum and between teeth, raw vegetables or salad.