

## **Specific Procedure Post Treatment Instructions**

### **LANAP/ LAPIP**

*It is extremely important not to dislodge blood clots that form in and around the gums. One of the most important results of laser surgery is the blood clots that form following surgery.*

- Carefully avoid chewing food in the areas of the mouth where the laser has been used for at least one week following surgery.
- Do not be alarmed with any color changes or appearance of tissues following laser therapy. Tissues can be gray, yellow, red, blue, purple, “stringy” and reflect normal response to laser treatments.

*Do NOT Rinse the first 24 Hours.*

- It is OK to spit, rinse, and wash your mouth after 24 hours.

*Do NOT brush or floss your teeth until instructed to do so.*

- Try to keep your mouth as clean as possible 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.
- Do not apply excessive tongue or cheek pressure to the surgery area.

### *Diet Instructions*

- **The first three days**, follow **only** a liquid-like diet to allow healing. Anything that could be put into a blender to drink is ideal. The purpose of this is to protect the clot that is acting as a “band-aid” between the gums 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 eggs, yogurt, cottage cheese, malts, ice cream, etc. Stay away from spicy and “chippy” foods. It is also important to maintain good fluid intake during this period.
- **Starting seven to ten days after treatment**, soft foods may be allowable. Soft foods 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