



LANAP Post-Surgery Instructions

Hygiene Appointment Instructions:

- No probing of surgical area for the 1st year
- No Prophy Jet for the 1st year
- Patient occlusion is to be adjusted at every maintenance visit
- Patient is to be placed into a night guard
- Patient may stay on blood thinners during surgery
- Patient's to expect 50% pocketing reduction
- Pocketing 5-6mm require one treatment
- Pocketing greater than 6mm may need to be treated twice

First 3 days

- Liquid diet only to allow healing
- No brushing
- Peridex rinse and salt water rinses, 3x a day

Next 4 days

- "Mushy" diet
- Oatmeal, mashed potatoes, applesauce, omelets, soft cheeses, blended fruit, pudding, ice cream Ensure
- Continuing not to brush – not to disturb fibrin or red thrombus clot

Following 7-10 days after treatment

- Soft food diet, dependent on loss of white material
- Chicken, fish, steamed vegetables
- No smoking
- No drinking through a straw
- No spicy or hot foods
- No nuts, anything with seeds, meat that shreds, gum or candy and any hard items for 10 days



Brushing of Teeth

- **7 - 10 Days**
 - Manual brushing
- **3 - 4 Weeks**
 - Flossing (Supra)
- **4 - 6 Weeks**
 - Electric toothbrush
- **3 - 6+ Months**
 - Oral irrigation (Supra)