

POST LANAP INSTRUCTIONS

Today you had a revolutionary new treatment for periodontal disease known as Laser-Assisted New Attachment Procedure (LANAP). While cutting or stitching is not involved, there are still some important post-operative instructions that you should follow. You should have little or no discomfort.

The First 24 Hours After Treatment:

- Take 2 Advil or Motrin (Ibuprofen) every 4 - 6 hours even if you don't have any pain.
- Reduce physical activity for several hours following procedure.
- No smoking

The First Three Days After Treatment:

- **Do not** brush the affected area.
- Rinse with the prescribed chlorhexidine (given to you today) - pour 15ml into the cup and rinse for 30 seconds twice a day, 1 in the morning and 1 at night and do not eat or drink for 30 minutes after rinsing.
- In between chlorhexidine rinse with 1/2 teaspoon of salt dissolved in a glass of warm water every 3 hours.
- Stay on a **liquid diet** - anything that can be put in a blender to drink is ideal, milk shake, smoothies (ok to blend with fruit except no berries with seeds), Ensure, Slim Fast - nutritional drinks, broth or creamed soup. 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".
- Avoid applying any tongue or cheek pressure to the area where LANAP was performed.
- Keep the mouth as clean as possible in order to speed up the healing process. Brush, floss and follow all home-care measures in every part of the mouth **except** for the area where LANAP was performed.
- Expect the following and do not be alarmed: light bleeding, slight swelling, some soreness, tenderness, or tooth sensitivity.

Next Four Days After Treatment:

- Eat "mushy" foods like: cream of wheat, oatmeal, Malt O Meal, mashed banana, mashed avocado, applesauce, mashed potato or baked potato (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, creamy peanut butter, eggs any style with or without cheese, Jell-O, pudding, ice cream, or yogurt.
- Take daily vitamins.
- Keep rinsing with the prescribed chlorhexidine as instructed since you cannot brush and floss the treated area for one week. Use of the rinse reduces the accumulation of plaque and tartar on the treated teeth in the absence of brushing. You may experience a medicinal aftertaste or some temporary staining of your teeth during use.

Starting Seven to Ten Days After Treatment:

- Eat soft foods like: pasta, chicken, fish, and steamed vegetables. You may then gradually add back your regular diet choices.
- Start brushing the treated areas with a extra soft toothbrush (given to you today) avoiding the gumline.
- Continue with the chlorhexidine rinse.
- Avoid eating spicy or excessively hot foods.
- Don't chew gum, no eating hard or crunchy foods like chips, raw vegetables, etc.
- Don't eat anything that has seeds which can lodge under the gum and between teeth.

Do not be alarmed that, within two weeks after treatment and extending as long as one year or more, the teeth may become sore, tender or sensitive as the bone and ligaments around the teeth regenerate and become more stable. This is a sign of healing, but also may indicate the presence of a bite imbalance that needs to be adjusted. This is why we will regularly check your bite and make small adjustments as needed to prevent damaging interferences as you chew. Dr. Neu might prescribe a bite appliance for you.

The progress of your healing will be evaluated regularly. Usually you will be seen a week after your treatment, then again two weeks after that. Normally you will then be seen on a three-month basis for maintenance and any necessary adjustments to your bite.

As always, if you have any questions regarding your treatment or your progress, call our office at (847) 426 - 3000. Working together, we can help you keep your teeth for a lifetime!