



Institute for Advanced Laser Dentistry

Post-Op Packet

Post LANAP[®] Treatment Diet Instructions

- Following Laser Therapy, do **not** drink through a straw, spit or rinse as this creates a vacuum in your mouth that can disturb the blood clots that forms and acts as a band-aid to help stop bleeding. (24hrs)
- After surgery you will not brush or floss for the next two weeks. Prescription mouth rinse will help minimize bacteria.
- You will be prescribed three prescriptions: Antibiotics for 7 days and complete it all the way through, a pain reliever; take as directed and a Antibacterial mouth rinse that will be used for 10 days twice a day only. After the 10 days use a warm salt water rinse 3x days a day.
- After surgery please stick to a soft diet as suggested below for the next two weeks.
- After Surgery you might see a white film develop around the area do not wipe it away. Leave the area alone. The film is a part of the healing process.
- **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.

***"Soft" Diet Suggestions**

DAILY VITAMINS!

Anything put through a food blender

Cream of Wheat, Oatmeal, Malt O Meal

Mashed Avocado, Applesauce

Mashed Potatoes or Baked Potatoes – OK with butter/sour cream

Mashed Banana or any mashed/blended fruit **except** berries with seed

Broth or Creamed Soup

Mashed Steamed Vegetables

Mashed Yams, Baked Sweet Potato or Butternut Squash

Cottage Cheese, Cream or Soft Cheese

Creamy Peanut Butter (without solid pieces)

Eggs any style, with or without melted cheese

Omelet can have cheese and avocado

Jell-O, Pudding, Ice Cream, Yogurt

Milk shakes/smoothies – **DO NOT** blend with berries containing seeds

Ensure, Slim Fast – nutritional drinks

DON'T

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