



THE EXCHANGE DENTAL GROUP
The Place for All Your Dental Needs

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Post LANAP® Treatment Diet Instructions

- Following Laser Therapy, do not drink through a straw, spit, or rinse for 24 hours as this creates a vacuum in your mouth that can disturb the blood clots that form and act as a band-aid to help stop bleeding.
- You will be prescribed 3 prescriptions:
 1. Antibiotics are to be taken for 7 days and completed through.
 2. A pain reliever is to be taken as directed.
 3. A mouth rinse is to be used for only 10 days, twice per day. After 10 days, a warm salt water rinse is to be used 3 times per day.
- For 2 weeks following surgery, please stick to a soft diet as suggested below.
- After surgery, you may 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 10 days, healing is not complete. The first month following treatment, please continue to make smart food choices and follow a diet consisting of softer foods.

Soft Diet Suggestions

Daily Vitamins

Food put through a food blender

Cream of wheat, oatmeal, malt o meal

Mashed avocado, applesauce

Mashed potatoes, baked potatoes (okay with butter or sour cream)

Mashed banana or any mashed/blended fruit except berries containing seeds

Broth or creamed soup

Mashed steamed vegetables

Mashed yams, baked sweet potatoes or butternut squash

Cottage cheese, cream, or soft cheese

Creamy peanut butter (no solid pieces)

Eggs any style (okay with melted cheese)

Omelette (okay to eat with cheese or avocado)

Jell-O, pudding, ice cream, yogurt

Milkshakes or smoothies (do not blend with berries containing seeds)

Ensure, Slim Fast, nutritional drinks

Restricted Foods



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