PENNSYLVANIA CENTER FOR DENTAL IMPLANTS AND PERIODONTICS
www.padentalimplants.com

Philip L. Fava II, DMD, MDSc
Eric F. Schoenebeck, DMD, MS
Richard H. Cutler, DMD
Regina Vayner, DMD, MS, MPH

Post LANAP®/LAPIP®/Laser ANAP Treatment Diet Instructions

MEDICATIONS	☐	Take all prescribed medications as directed - Finish ALL antibiotics and anti-inflammatories.
MEDICATIONS FOR DISCOMFORT	☐	Motrin 600 mg, in conjunction with 1 Extra Strength Tylenol (over the counter, 3 times a day, with food, until completed).
SWELLING	☐	Swelling is normal for up to 1-2 weeks post procedure, peaking at 2 to 4 days and especially in the early morning.
	☐	First Two Days: Apply ice pack 15 minutes on/15 minutes off
	☐	Third Day: Apply heat pack 15 minutes on/15 minutes off
	☐	Sleep on 2 pillows to elevate head
BLEEDING	☐	Light bleeding (oozing) from the surgical area may occur for up to 48 hours post-surgery.
	☐	Control by applying pressure with moist gauze or a wet tea bag for minimum of 30 minutes.
DIET	(Specific Diet Instructions may be given the day of surgery)	
	☐	All soft foods for 2 weeks post-procedure **Do NOT eat hard, crunchy, fried or spicy foods along with small seeds, pretzels, crust, chips, peanuts, popcorn, sesame seeds, kiwi seeds, cereal, bread, pizza, candy, rice, nuts, gum, nachos, steak, wings, sausage, etc.
	☐	Eat soft foods such as: yogurt or cottage cheese, soup, well-cooked veggies, soft bread, mashed potatoes, stuffing, pudding or gelatin, sorbet, oatmeal, pasta, eggs, applesauce, bananas, protein shakes, fish, ground meat.
	☐	Avoid foods that are: Hot in temperature, nuts/seeds, spicy/acidic, crunchy/fried foods for up to 2 weeks.
	☐	Liquid Like Diet for 1-3 days. Mushy to soft foods for up to 2 weeks.
	☐	Food Suggestions: Yogurt, Cottage Cheese, Soup, Well-Cooked Vegetables, Ice Cream, Milkshakes, Smoothies, Ground Meat.
ORAL HYGIENE	☐	Do NOT brush or floss the area for 2 weeks. Okay to clean other teeth.
	☐	Rinse with Closys 2X a day until completed. Okay to rinse with warm salt water after 24 hours.

(continued on back)

PHILADELPHIA OFFICE

9880 Bustleton Avenue Suite 211-212
Philadelphia, PA 19115
215-677-8686
info@padentalimplants.com

LOWER GWYNEDD OFFICE

1600 N Bethlehem Pike North Building Suite
100, Lower Gwynedd, PA 19002
215-643-4393
infoambler@padentalimplants.com

Days 1 through 3 following Laser Therapy, 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". This may be modified based on your specific case.

Days 4 through 6 after treatment, foods with a *"mushy" consistency such as those listed below are recommended.

"Mushy" Diet Suggestions

- DAILY VITAMINS
- Anything put through a food blender
- Cream of Wheat, Oatmeal, Malt O Meal
- Mashed Avocado, Applesauce
- Mashed or Baked Potatoes – OK with butter or sour cream
- Mashed Banana or any mashed/blended fruit except berries with seeds
- Broth or Creamed Soup
- Mashed Steamed Vegetables
- Mashed Yams, Baked Sweet Potato or Butternut Squash
- Cottage Cheese, Cream Cheese or Soft Cheese
- Creamy Peanut Butter without solid pieces
- Eggs any style, with or without melted Cheese
- Jell-O, Pudding, Ice Cream, Yogurt
- Milkshakes/Smoothies – DO NOT blend with berries containing seeds
- Ensure, Slim Fast – nutritional drinks

7 to 10 after treatment, soft foods may be allowable. The time to start on Soft Foods is dependent upon the loss of the white material that appeared around your teeth following LANAP®/LAPIP®/Laser ANAP Treatment. You were introduced to this material by your doctor's assistant during your follow-up visit immediately following your initial treatment session. It was explained to you that you must leave this material alone until it naturally heals and disappears. Once the white material has disappeared, then Soft Foods can be introduced.

PLEASE REMEMBER that even after 10 days, healing is not complete. The first month following treatment you should continue to make smart food choices. †Softer foods are better.

Soft Foods Suggestions

- Fish
- Pasta
- Chicken

DON'T

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

Changes You May Notice After Your Procedure

- Color or appearance changes in gum tissue. The colors may vary from white, gray, yellow, red, blue, purple, and "stringy" or "slimy".
- DO NOT wipe or rub your gums to get rid of the "stringy" substance on gums, as this is a part of the normal healing process.
- Tooth sensitivity may last a couple of weeks to months and may go away on its own. Please use Sensodyne as needed.
- Teeth mobility may become stable over a couple of weeks, but soreness or tenderness may be present.
- Spaces between teeth can become more noticeable due to the reduction of inflammation of the gum tissue.
- Bite may have changed, please advise your dentist if your bite feels different.

Smoker/Tobacco Users Warning

Tobacco has a very large effect on your gums and the disease you have. Tobacco is associated with an increased disease rate (246% increase) in terms of loss of the bone and gums that hold your teeth in, as well as an increase in the space between the gums and teeth. Any type of smoking and/or chewing tobacco will have an adverse effect on the progress of your healing and may cause the gum disease to recur after treatment. If you are a smoker or chew tobacco we highly recommend not doing so while you are healing or any time after that.