



Steven W. Hamrick, DMD   Sheppard A. McKenzie IV, DDS, MS   Travis J. Whitley, DDS, MS

### **PATIENT INSTRUCTIONS FOLLOWING LASER PERIODONTAL (GUM) DISEASE THERAPY (LPT™)**

1. Do not be alarmed with any color changes or appearance of tissues following laser therapy. Tissues can be gray, yellow, red, blue, purple, “stringy” and reflect normal response to laser treatments.
2. Reduce activity for several hours following the surgery.
3. Rinse as directed with Peridex or Periogard morning and night, starting the morning after surgery, at the surgery sites. In between it is OK to rinse gently every three (3) hours with warm salt water (1/2 teaspoons of salt dissolved in an 8oz. Glass of warm water). Do not chew on the side of your mouth, which has been treated.
4. Do not eat spicy or excessively hot foods.
5. Brush, floss, and follow other home-care measures in all the areas of your mouth except for the surgerized area.
6. Do not apply excessive tongue or cheek pressure to the surgerized area.
7. Do not be alarmed if one of the following occurs:
  - a. Light bleeding
  - b. Slight swelling
  - c. Some soreness, tenderness, or tooth sensitivity
  - d. Medicinal taste, from Peridex or Periogard
8. Swelling may possibly occur. To keep this at a minimum, gently place an ice pack on the outside of the face for 20 minutes each hour until you retire for sleep that night. Do not continue using the ice bag beyond the day of the periodontal surgery.
9. Some oozing of blood may occur and will appear to be greatly exaggerated when it dissolves in saliva. Determine the side of oozing and place pressure on this area. If you cannot locate the origin of the bleeding, rinse your mouth gently with iced water and apply a wet tea bag to the general area. If excessive bleeding continues, please call the office.
10. It is very important to maintain a good food and fluid intake
11. Please finish antibiotics as instructed. If you have any discomfort over the counter Advil or Tylenol should be efficient.
12. Please call the office so that we may render further treatment if any of the following occurs:
  - a. Prolonged or severe pain
  - b. Prolonged or excessive bleeding
  - c. Considerably elevated or persistent temperature.
13. Do not be alarmed that beginning with just 2 weeks after therapy and extending as long as 1 year or more, the teeth may become sore, tender, or sensitive as the bone and ligaments around the teeth regenerate and become more firm. This is a sign of healing, but also indicates the presence of a bite imbalance that needs to be adjusted.
14. It is normal to have temperature sensitivity following Laser therapy.

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**FLIP OVER FOR 2 WEEK POST THERAPY ORAL HYGIENE INSTRUCTIONS ⇔**



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## **2 WEEK POST LASER THERAPY ORAL HYGIENE INSTRUCTIONS**

**At this time you may start using the post operative toothbrush.**

- **Dip brush into Peridex mouth rinse and brush treated teeth at a 45° angle on the gum line.**
- **You can also begin to gently flossing these areas but be sure to stay above the gum line.**

**Vigorous rinses after meals, with warm water, is recommend to help keep areas free of food debris.**

**You may increase your diet to more solid but softer side of foods like pasta, rotisserie chicken, ground beef and similar consistency. Please still stay away from crunchy & hard foods on treated areas.**

**At your 4 week post op appointment we will review you returning to normal oral hygiene.**



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## Post Full Mouth LANAP Diet Instructions

- **The first three days** following Laser Therapy, follow **only** a liquid- like diet to allow healing. We recommend cold liquid-like diet for first 24hrs following surgery. 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 gum and the teeth. Do **not** drink through a straw, as this creates a vacuum in your mouth that can disturb the “band-aid”. Take daily vitamins.
- **The remainder of the 2 weeks after treatment**, “mushy” - soft foods are allowable. Soft foods have the consistency of pasta, fish or steamed vegetables. You may then, gradually add back your regular diet choices.
- **Please remember that even after two weeks, healing is not complete. The first month following treatment you should continue to make smart food choices. Softer foods are better.**

### \*“Mushy” Diet Suggestions

Anything put through a blender  
Cream of wheat, oatmeal, malt o meal  
Mashed potatoes or baked potatoes – ok with butter/sour cream  
Mashed banana mashed avocado, applesauce 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 or soft cheese  
Creamy peanut butter without solid pieces  
Eggs any style, with or without melted cheese  
Omelets can have cheese and avocado  
Jell-o, pudding, ice cream, yogurt  
Milk shake/smoothies – ok to blend with fruit except no berries w/ seeds  
Ensure, Protein powders, 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.



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## Post Modified LANAP Diet Instructions

- **The first day** following Laser Therapy, follow **only** a cold 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 gum and the teeth. Do **not** drink through a straw, as this creates a vacuum in your mouth that can disturb the “band-aid”. Take daily vitamins.
- **The remainder of the 1<sup>st</sup> week after treatment**, “mushy” food on the other side of the mouth, suggestions down below.
- **Please remember that even after two weeks, healing is not complete. The first month following treatment you should continue to make smart food choices.**

### \*“Mushy” Diet Suggestions for 1<sup>st</sup> week

Anything put through a food blender  
Cream of wheat, oatmeal, malt o meal  
Any type of cooked potatoes or eggs  
Mashed banana mashed avocado, applesauce or any mashed/blended fruit  
*except berries with seeds for 2 weeks*  
Broth or creamed soup  
Mashed steamed vegetables, yams, baked sweet potato or butternut squash  
Cottage cheese cream or soft cheese, creamy peanut butter without solid pieces  
Jell-o, pudding, ice cream, yogurt, milk shake/smoothies – ok to blend with fruit except no berries w/ seeds  
**Ensure, Protein powders -nutritional drinks**

### Diet after 1 week on the other side

Softer foods are allowable on the other side of the mouth.  
Rotisserie or baked chicken, ground beef or fish  
Pastas or rice dishes  
**Still stay away from anything hard or crunchy & anything with seeds until 2 weeks following therapy:**  
Chew gum, candy, cookies, chips, nuts, raw vegetables/salad.