

GENERAL PATIENT SELF-CARE INSTRUCTIONS FOLLOWING LANAP (Laser Assisted New Attachment Procedure)



Post LANAP Surgery Diet Instructions:

- **The first 3 days** following periodontal surgery, follow 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 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.
- **Next 4 days after treatment**, foods with a “mushy” consistency such as those listed below are recommended. (*see side panel)
- **Starting 7 to 10 days after treatment**, “mushy”- **soft foods** are allowable. *Soft* foods have the consistency of pasta, fish, chicken or steamed vegetables. You may then, gradually add back your regular diet choices.
- **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.**
- **Please avoid** biting into anything hard for at least **4 weeks after tissue grafting surgery** to prevent movement of the carefully placed tissue.

“Mushy” 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 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, Slim Fast -nutritional drinks.

Please **avoid** the following items as they **may cause your LANAP treatment to fail:**

- Chewing 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.