

# Custom Periodontics & Implantology

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## POST OP LANAP/ LOCALIZED LASER DIET INSTRUCTIONS

- **The First Three Days** 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 gum and the teeth. Do **NOT** drink through a straw, as this creates a vacuum in your mouth that can disturb the “band-aid”. Do **NOT** drink any carbonated beverages. Take daily vitamins.
- **Next Four Days After Treatment**, foods with a “mushy” consistency such as those listed below are recommended. \*see below
- **Starting Seven To Ten Days After Treatment**, “mushy” – soft foods are allowable. Soft food that has the consistency of pasta, fish, chicken or steamed vegetables. You may then, gradually add back to your regular diet choices.
- **Please Remember that even after ten days, healing may not be complete.** The first month following treatment you should continue to make smart food choices. Softer foods are better.

## “Mushy” Diet Suggestions

### DAILY VITAMINS!

Anything put through a food 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 with seeds

Ensure, slim fast, or any nutritional drinks

### **DON'T...**

**Chew gum, candy, cookies, chips, nuts, anything hard or crunchy, and anything that has seeds or hard pieces. Meat that shreds and can lodge under the gum between teeth, raw vegetable/salads, and carbonated beverages.**

### **PATIENT INSTRUCTIONS FOLLOWING LOCALIZED 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. It is OK to spit, rinse, and wash your mouth today. Rinse as directed with Peridex or Periogard morning and night. 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. Try to keep your mouth as clean as possible in order to help the healing process. **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 abg 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 orging 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. Try to eat soft but nutritious food such as eggs, yogurt, cottage cheese, malts, ice cream, etc..until you can comfortably return to a normal diet.
11. If medication has been prescribed, please take exactly as directed.
12. Please call the office so that we may render further treatment if any of the following occurs:
  - a. Prolonged or sever 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 an 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.

**If you have an emergency after hours you may call (214) 454-3816**