

# PERIODONTICS OF GREENVILLE

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## Post LANAP Diet Instructions

### 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". 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 foods have the consistency of pasta, fish, shredded chicken or steamed vegetables.
- **Please remember** that even after ten days, healing is not complete. For several months 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 or oatmeal

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

Pudding, ice cream, yogurt, milk shakes, or smoothies (ok to blend with fruit except those with seeds)

Ensure, Boost, or Slim Fast

### Don't...

Chew gum, candy, cookies, chips, nuts, popcorn, anything hard or crunchy, anything spicy or salty, anything that has seeds or hard pieces, meat that shreds and can lodge under the gum and between teeth, raw vegetables/salad. Do not eat excessively hot foods.

1. 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
2. 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.
3. DO NOT smoke.
4. DO NOT rinse today! DO NOT use straws! We do suggest you enjoy a milk shake or ice cream as soon after your surgery visit as possible.
5. DO NOT brush the surgical area until told otherwise. It is important to keep your mouth CLEAN. Starting the day after treatment, rinse as often as possible with an 8-ounce glassful of warm water containing ½ teaspoon of salt. Rinse with Peridex morning and night starting the day after surgery.
6. DO NOT attempt to drive or operate machinery the same day after having I.V. sedation or oral valium.
7. First day apply ICE PACK to face for 20 minutes on, 20 minutes off, until bedtime. Sleep elevated for the first two to three nights. Do not lie flat.
8. If a medication for pain has been prescribed, please **eat first** and take one when you arrive home after your surgery and continue as directed based on the degree of discomfort you have, if any.
9. If an ANTIBIOTIC to prevent infection has been prescribed, please **eat first** and remember that you must take ALL of these tablets as directed. If nausea or unfavorable reaction should occur, please notify us.
10. For 2 to 5 days moderate swelling is to be expected. If swelling causes discomfort, use hot, wet soaks after the second day if there is no bleeding present.
11. DO NOT use electric toothbrushes until advised by the doctor.
12. DO NOT use any mouth rinses unless prescribed.
13. Contact us immediately if:
  - a) Excessive bleeding occurs
  - b) Severe pain is present
  - c) Marked swelling occurs
  - d) High grade temperature
14. The doctors can be contacted at the numbers listed at the top of this instruction sheet.