

## POST PROCEDURE INSTRUCTIONS FOR THE PERIOLASE TREATMENT

### **i.e., Laser assisted new attachment procedure or (LANAP)**

#### **Summary**

- No brushing, flossing, or chewing in the treated sites for 7 days. After this brush with an ultrasoft brush only (one will be provided).
- Do not dislodge the tiny red circular clots (scabs) that surround the teeth on the gums.
- When the whole mouth has been treated at one visit, transition the diet to “mushy” foods after the first week.
- No water picks, electric toothbrushes or floss for 3 months.
- Rinse starting tomorrow:
  - Chlorhexidine .12% (Peridex , Periguard or equivalent) twice daily for 1 month.
  - or
  - (Closys or Listerine can be used if Chlorhexidine taste is unacceptable.
  - or
  - Warm salt water 3-4 per day for 1 month only if the above products are unacceptable.
- Don’t smoke for 3 days (remember, half the result and twice the recurrence).
- No exercise for 48 hours.
- Take Motrin (ibuprophen) if prescribed for discomfort as needed (if stomach upset, stop and call office).
- Take antibiotics until gone (if rash or diarrhea occurs, stop and call office).
- A bite guard (i.e., “night guard”) will usually be inserted after 1 month if necessary.
- Cleanings every three months, thereafter, are a must. You will have the first three cleanings here.
- We will see you back in one week to check healing.

#### **COMFORT**

**Dental laser procedures usually result in little or no discomfort.** Comfort can be maintained by taking Motrin (ibuprofen).

You may be given an additional (narcotic) prescription to take in place of the Motrin (i.e. Vicodin, codeine, etc.) if needed for comfort. Pain medication should be taken as soon as you feel discomfort.

#### **SPECIAL MEDICATION**

Antibiotics will be prescribed and should be taken as directed on the label.

#### **DIET**

The importance of a nutritious diet cannot be overly stressed. Avoid eating on the treated site. Starting a week after treatment, “mushy” - soft foods are allowable on the treated side. 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 a week, healing is not 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 w/ seeds  
Ensure, 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.

***IF YOU HAVE SWELLING (this is rare)***

Apply an ice bag to the outside of your face, over the treated area for 15 minutes on and 15 minutes off. Ice is effective for approximately the first 24 hours. A "Baggie" filled with crushed ice or frozen peas wrapped in a towel works nicely. Continue as long as needed ( 3 to 4 hours is the minimum). You might be given a prescription to minimize swelling. Take as directed.

***FUTURE APPOINTMENTS***

You will have been given an appointment to check the treated area(s). They should be kept as scheduled. This will enhance the healing process.

If you have any questions, do not hesitate to contact this office. After hours, Dr. Schultz may be reached at: **(714-393-5928)**

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