

POST PROCEDURE INSTRUCTIONS FOR THE PERIOLASE TREATMENT i.e., Laser assisted new attachment procedure or (LANAP)

Summary

- **For the First 24 Hours** No brushing, flossing, or chewing anything but “mushy” foods IN THE TREATED AREAS. Use one of the rinses gently to clean the teeth. **After 24 hours:** brush in a gentle roll motion with the post operative ultra soft brush IN THE TREATED AREAS (one will be provided). Brush the tops of the teeth too.
- If food gets lodged between the teeth, use a piece of floss to remove it: **Be careful not to go under the gums with the floss.**
- **Do not dislodge the tiny red circular clots (scabs) that surround the teeth at the gumline.**
- **Avoid flossing for the first month**
- **Avoid electric toothbrushes for 6 weeks.**
- **No water picks for 3 months.**
- Rinse with one of the following
 - Chlorhexidine (Peridex) twice a day morning and night
 - ½ t salt in 8 oz of warm water 3-4 per day for 1 month only if the above product is unacceptable.
- Don't smoke for 3 days (remember, half the result and twice the recurrence).
- **No exercise for 48 hours. Strenuous activity should be postponed until about day 3.**
- Take Motrin (ibuprophen) if prescribed for discomfort as needed.
- **TEETH CLEANINGS EVERY 3 MONTHS ARE A MUST. You will have the first three cleanings here.**
- **We will see you back in one month to polish your teeth.**

COMFORT

Dental laser procedures usually result in little or no discomfort. Comfort can be maintained by taking Motrin (ibuprofen). Pain medication should be taken as soon as you feel discomfort.

SPECIAL MEDICATION

Antibiotics will be prescribed Take until gone. (if rash or diarrhea occurs, stop and call the office)

DIET

The importance of a nutritious diet cannot be overly stressed, “mushy/soft” foods are allowable IN THE TREATED AREAS. Then after day 7, gradually add soft foods such as pasta, fish or steamed vegetables.

• 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 for the first 2-3 weeks.

“Mushy/Soft food” Diet Suggestions

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

Steamed vegetables

Mashed yams, baked sweet potato or butternut squash

Cottage cheese cream or soft cheese

Creamy peanut butter without nuts

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

Soft Fish

Pasta

DON'T EAT ...

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.

FUTURE APPOINTMENTS

You will have been given an appointment to check the treated areas and polish the teeth in one month. Two months later you will have a formal cleaning and we will go over new cleaning recommendations at that time. There will be cleanings at three month intervals. Usually after the third cleaning you will have a doctor check and we can begin alternating the cleanings with your dentist and this office. They should be kept as scheduled. This will enhance the healing process.

If you have any questions, do not hesitate to contact this office.

Office Phone: (949) 493-8857
Cell: **(760-297-8728)** (after office hours)

Sheldon Lu DMD, MS
Periodontics-Implants-Laser Surgery
647 Camino de los Mares #204
San Clemente, Ca 92673