

Laser Assisted New Attachment Procedure (LANAP) Post Operative Instructions

- 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.
- No exercise for 48 hours.
- Starting tomorrow 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, brush or floss on the side of your mouth, which has been treated, for 10 days (then supragingival oral hygiene ONLY).
- No water irrigation or battery assisted toothbrush for **3 months**.
- Do not eat spicy or excessively hot foods.
- 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 area treated – until instructed to do so**.
- Do not apply excessive tongue or cheek pressure to the treated areas.
- Do not be alarmed if one of the following occurs:
 - Light bleeding
 - Slight swelling
 - Some soreness, tenderness, or tooth sensitivity
 - Medicinal taste, from Peridex or Periogard
 - 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 bag beyond the day of the periodontal surgery.
 - 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.
 - 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 are instructed to return to a normal diet.
- If medication has been prescribed, please take exactly as directed.
- Please call the office so that we may render further treatment if any of the following occurs:
 - Prolonged or severe pain
 - Prolonged or excessive bleeding
 - Considerably elevated or persistent temperature.
- 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 and 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.

PLEASE CALL THE OFFICE (949-916-7800) AT ANY TIME IF YOU HAVE ANY QUESTIONS OR CONCERNS.