



LANAP Laser Gum Therapy Post-Operative Care Instructions

1. Vitamins, dietary supplements, or medications may be prescribed to improve your overall health. Take any prescribed medication according to directions.
2. Dental laser procedures result in little or no discomfort following surgery. Take prescribed pain medications according to instructions if needed.
3. Carefully avoid chewing food in the areas of the mouth where the laser has been used. One of the most important results of laser surgery is the healing that occurs following the initial procedure. It is extremely important not to dislodge the tiny clots (scabs) that form in the gums.

4. Daily Care:

- ◆ **NO BRUSHING OR FLOSSING FOR THE FIRST WEEK!**
- ◆ Gentle rinsing with warm salt water or prescribed rinse upon waking and after all meals and before bed for first week (rinsing more often is okay).
- ◆ During the first week, eat only liquids. Do not chew where the surgery was performed.

After first week, or at doctor's discretion:

- ◆ Brush the teeth by placing the bristles of the brush on the gums below the tooth and carefully rolling the bristles toward the tooth surface. Do not stick the bristles into the gums.
- ◆ Brush the chewing surfaces of the teeth.
- ◆ Regular rinsing with mouthwash, but not vigorous swishing.

After 3 weeks:

- ◆ Doctor will usually permit flossing based on progress of healing after 3-4 weeks weeks. When flossing, carefully place the floss between the teeth and avoid pushing the floss under the gums until instructed to do so.
5. The length of time it takes for the gums to heal depends upon the severity of the disease. Most healing in the surface areas takes 2 – 4 weeks. Deeper pocket areas may take several months to completely heal.
 - a. Liquid Diet * 7-10 days
 - b. Soft Diet until: * 11- 30 days
 - c. Gentle brushing until: * Beginning after 1wk
 - d. Gentle flossing until: * Beginning after 3wks.
 - e. Resume normal diet: * After 30 days
 - f. Resume normal brushing: * After 30 days
 - g. Resume normal flossing: * After 30 days