

What you can expect with LANAP® Laser Therapy

You have just been diagnosed with periodontal disease, commonly referred to as gum disease. Approximately 75% of the population struggles with this disease. We are excited to provide you with the latest method of treatment.

Eastmont Family Dental's primary concern is for your comfort and safety. We prescribe you to take antibiotics to prevent the possibility of infection and to take Motrin (ibuprofen) to control micro-inflammation and swelling.

The LANAP protocol is a relatively painless procedure. Most patients experience little to no discomfort. Depending on your individual pain tolerance, you can expect to return to work the day after surgery.

One of the contributing factors of periodontal disease is trauma from tooth to tooth contact; therefore we will require you to sleep with a night guard. It may also be necessary to make adjustments to your teeth so that they all function equally (bit together with an even amount of force).

Periodontal disease is a chronic infection. The LANAP protocol is an excellent for-on treatment, but it is not a cure. **THERE IS NO CURE FOR PERIODONTAL DISEASE.** The goal of LANAP treatment is to reverse some of the effects of the disease and to help you maintain a healthy mouth.

Your home care is very important. We will make certain recommendations regarding your home care that is a custom fit to your mouth. This may include an antibacterial mouth rinse, Rotadent toothbrush, and/or a Hydrofloss waterpick. We cannot stress enough the importance of good daily hygiene habits. In addition, we will continue to schedule 3 month maintenance appointments with one of our hygienists.

By continuing this partnership, we will help you treat this serious disease. Our goal is to assist you with obtaining the best care for your mouth and to preserve good overall health.

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HOME CARE INSTRUCTIONS After LANAP[®] Laser Treatment

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:
 - ◆ 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. During the first day drink liquids only. A liquid dietary supplement may be recommended.
 - ◆ When flossing, carefully place the floss between the teeth and avoid pushing the floss under the gums until instructed to do so.
 - ◆ During the first week, eat only soft foods. Do not chew where the surgery was performed.
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. Soft Diet until: _____.
 - b. Gentle brushing until: _____.
 - c. Gentle flossing until: _____.
 - d. Resume normal diet: _____.
 - e. Resume normal brushing: _____.
 - f. Resume normal flossing: _____.

SPECIAL INSTRUCTIONS:

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Patient instructions following LANAP[®] Treatment

1. Do not be alarmed with any color changes or appearance of gum tissue following laser therapy. Gum tissue can turn gray, yellow, red, blue, purple, and “stringy” and reflects a normal response to laser treatments.
2. Do not apply excessive tongue or cheek pressure to the treated area.
3. 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 or Perioguard
4. 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.
5. 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.
6. Please call the office so that we may render further treatment if any of the following occurs:
 - a. Prolonged or severe pain
 - b. Prolonged or excessive bleeding
 - c. Considerably elevated or persistent temperature (Fever)
 - d. Sores on the roof of your mouth (Blisters)
7. If medication has been prescribed, please take exactly as directed. Antibiotic pills are prescribed. The entire bottle or prescription should be taken for the stated number of days or weeks. If you are not allergic to Motrin – Generic Ibuprofen- (eg. Advil, Nuprin), we will most likely prescribe it primarily to minimize tissue swelling, and local inflammation that is a natural side effect of minor surgery. Ibuprofen is also good to reduce post-operative pain and sensitivity. Ibuprofen is non-narcotic and does not affect your ability to drive. Never place aspirin directly on the tissue of a painful area.
8. Reduce physical activity for several hours following the surgery to maximize healing.
9. Try to keep your mouth as clean as possible in order to help the healing process. Only brush and floss the untreated area of your mouth. **Do not brush or floss the treated area for 7-10 days or as directed by your doctor.**
10. You may spit, and gently rinse your mouth the day of treatment. Rinse your mouth gently 3 times a day with Peridex or Perioguard. In between Peridex/Perioguard rinses, rinse your mouth gently 3 times a day with warm salt water (1/2 teaspoon of salt dissolved in an 8oz. glass of warm water). For the next several days rinse with both Peridex/Perioguard and salt water as previously mentioned but with vigor.
11. You will be on a liquid diet for 3 days, then a diet of “mushy”/soft foods for 4 days, and then a diet of smart food choices for the remainder of the month. 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 can comfortably return to a normal diet. Please refer to the Post LANAP[®] Treatment Diet Instructions (on the next page).
12. Avoid spicy or excessively hot foods during the initial 3 day liquid diet period.
13. When eating do not chew on the side of your mouth which has been treated.
14. 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 and tender 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 may need to be adjusted.
15. “Spaces” between your teeth can result from reduction of inflammation, swelling, and the removal of diseased tissue after the LANAP[®] treatment. These spaces usually fill in over time, and again, bite adjustment is critical to making sure the teeth and the “papilla” is not traumatized and can regrow.
16. After you complete the program you will be provided with a list of dentists that are trained using the PerioLase laser and perform the LANAP[®] treatment for follow up care and perio maintenance visits. This is **extremely important** to preserve the work that has been done.

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Post LANAP[®] Treatment 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 gums 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**, soft foods may be allowable. The time to start on soft foods is dependent upon the loss of the white material that appeared around your teeth following LANAP[®] treatment. You were introduced to this material by your doctor or doctor’s assistant during your follow-up visit immediately following your initial treatment session. It was explained to you that you must leave this material alone until it naturally heals and disappears. Once the white material has disappeared, then soft foods can be introduced. 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 ten days, 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 Avocado, Applesauce
Mashed Potatoes or Baked Potatoes – OK with butter/sour cream
Mashed Banana 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 – DO NOT blend with berries containing 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.

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Smokers/Tobacco Users Warning

Tobacco has a very large effect on your gums and the disease you have in them. Tobacco is associated with an increased disease rate in terms of loss of the bone and gums that are holding your teeth in, as well as an increase in the space between the gums and teeth. Tobacco is a major factor for chronic gum disease.

Any type of smoking and/or chewing tobacco will have an adverse effect on the progress of your healing and may cause the gum disease to re-occur after treatment. If you are a smoker or chew tobacco we highly recommend not to do so while you are healing or anytime after that.