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Post LANAP Oral Hygiene Instructions

Healing occurs at an individual's own rate and is affected by many outside influences. Everyone is a little different!

LOOSE OHI GUIDELINES:

- 1). Manual brush at 7-10-days (once white fibrin clot disappears)
- 2). Supragingival flossing at 3-4 weeks
- 3). Electric TB at 4-6 weeks (supragingival only)
- 4). Keep on the Chlorhexidine mouthwash while not brushing, and then switch to a non-staining mouthwash indefinitely.

Immediately after the laser surgery, avoid chewing food in the surgical area. Brushing at 7-10 days should NOT be into the gum crevices. Don't forget to brush the chewing surfaces!

Most surface healing takes 2-4 weeks although the deeper pocketed areas may take several months.

SPECIAL INSTRUCTIONS:

- a). Soft diet until: _____
- b). Gentle brushing until: _____
- c). Gentle flossing until: _____
- d). Resume normal diet: _____
- e). Resume normal brushing: _____
- f). Resume normal flossing: _____



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POST LANAP TREATMENT DIET INSTRUCTIONS

- **The first three days** following LANAP, follow only a liquid-like diet to protect healing. Anything that can be put into a blender to drink is ideal. The reason for 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, because this creates a vacuum in you mouth that can disturb the healing process.
- **The next four to ten days**, “mushy” foods such as those listed below are recommended.
- **Approximately ten days after treatment**, soft foods may be allowed. This is dependent upon the loss of the white fibrin material that was present. Soft foods have the consistency of pasta, fish, chicken or steamed vegetables. Gradually add back your regular diet choices after this.
- **Please remember** that healing is not complete, even after ten days. The first month after treatment you should continue to make smart food choices. Softer foods are better. **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 and salad are not recommended.



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MUSHY DIET SUGGESTIONS

DAILY VITAMINS

Anything put through a food blender
Cream of Wheat, Oatmeal, hot cereals
Fruits and Vegetables that can be mashed or blended
Broth or Creamy soups
Cottage cheese or soft cheese
Creamy peanut butter
Eggs any style
Jell-O, Puddings, Ice Cream, Yogurt, Milk shakes or smoothies made with these items (NO berries with seeds!)

Ensure, Slim Fast and other nutritional drinks