

Post LANAP® Treatment

Diet Instructions: Must take DAILY VITAMINS!

Day 1-3:

Following Laser Therapy, maintain only a liquid - like diet to allow healing. Anything that could be put into a blender to drink is ideal. Cold Protein Shakes (“Premier” protein shakes) from Costco are also helpful. The purpose of this is to protect the clot that is acting as a natural “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. Avoid playing with the areas with your tongue

Day 4-7:

Very soft foods with a “mushy” consistency such as those listed below are recommended

“Mushy” Diet Suggestions

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

Protein Shakes

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 and/or salad.

Day 8-30:

Soft foods may be allowable. The time to start with soft foods is dependent upon the loss of the “white material” that appeared around your teeth following the 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 at that time, that you must leave this “natural healing” material alone undisturbed, until it naturally heals and disappears. Once the white material has disappeared, then soft foods can start to be introduced into your diet. Soft foods have

the consistency of pasta, fish, chicken, or steamed vegetables. You may then, about five weeks or so later, start (gradually) adding back your regular diet choices. You will want to refrain from foods such as popcorn, chips, seeds (by themselves or in berries), sesame seeds in buns, for at least six months. If small fragments get trapped into the healing tissues, they will unnecessarily and potentially complicate things!

The secret *bonus* besides giving your teeth a “second lease on life”, is that you will more than likely lose weight!!