



Post Surgical Instructions for: Laser Periodontal Therapy (“LANAP”)

Brushing

- **Do not** brush the gum line of the treated area(s) for 1 week
- Brush only the chewing surfaces (tops) of the treated teeth for 1 week
- Brush all other teeth normally

Flossing

- Do not floss the treated teeth for 1 week
- Floss all other teeth normally

Eating

- Avoid hot temperature food and drinks the day of the surgery (coffee, tea, soup)
- Soft foods (fish, pasta, etc.) are advised for the first few days
- Avoid crunchy, salty, spicy foods for 1 week
- Avoid drinking with a straw for 3 days as it can create bleeding

Chewing

- Do not chew with teeth that have been treated (chew on the other side of the mouth) for 1 week
- If both sides of the mouth have been treated, chew lightly

Discomfort

- Once the numbness wears off, you may experience discomfort
- The treated area(s) could remain tender up to one week
- A cold pack can be gently placed on the outside of the cheek for up to 20 minutes every 2 to 4 hours. This is most effective the first 24 to 72 hours following the surgery

Bleeding

- You may or may not notice small blood clots or white scabs along the gum line of the treated area(s). It is very important **not** to disrupt or dislodge them, as they are there to help with the healing of the gums

Working

- It is not advised to return to work the same day of surgery due to possible discomfort and bleeding
- You likely will be able to return to work the following day
- **If you elect to be sedated for the procedure, you are NOT to return to work the same day but may return the following day**

Exercising

- Avoid exercise or heavy lifting for 2 days

Prescription Mouth Rinse

- For 1 week: Rinse twice daily (morning and evening) for 30 seconds

Antibiotic

- Take as directed until gone

Pain Medication

- Take as needed: Ibuprofen, Tylenol, or prescribed medication

1 Week Follow-Up Appointment

- An appointment will be scheduled for you to return 7-10 days following surgery
- The treated area(s) will be evaluated for healing
- Proper brushing and flossing techniques will be reviewed
- At this visit, we will determine when to schedule your next visit in our office

Questions or Concerns

- **Office # 317-844-2792**
- **After Hours Emergency # 317-691-4169**