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PRE-TREATMENT RECOMMENDATIONS FOR

LASER POCKET SURGERY (LANAP)

We have scheduled a significant block of time for our team to concentrate on your visit with us. Please understand that this is surgery, but done in a new way with laser technology. Post-operative comfort and healing will best occur if you follow our recommendations:

1. Avoid taking aspirin for one week prior to your appointment (aspirin can cause easy bleeding).
2. Avoid alcohol for 48 hours before your appointment (alcohol can prevent complete anesthesia or numbing of the treated area).
3. It is best to avoid caffeine or other stimulants 24 hours prior to your appointment (stimulants can interfere with the anesthetic).
4. Take antibiotic pre-medication – if required.
5. Take any prescribed sedatives as directed.
6. If you are prescribed sedatives, you must have someone to drive you home after your treatment.
7. Do get a good night's sleep the night before.
8. Eat a good breakfast and/or lunch the day of your appointment.
9. Wear comfortable, loose fitting clothing for your visit.
10. If you are not allergic to Advil – generic Ibuprofen – (e.g. Motrin, Nuprin), it will most likely be prescribed immediately before treatment primarily to minimize tissue swelling and local inflammation that is a natural side effect of minor surgery. Ibuprofen is non-narcotic and does not affect your ability to drive.
11. If antibiotic pills are prescribed, the entire bottle or prescription should be taken for the stated number of days or weeks.
12. If there is any discomfort lasting more than 2 or 3 days, please call the office as soon as possible.

If you have pain, prolonged bleeding, or any noticeable swelling, our after-hours phone number is 573-703-5303

POST-OP LANAP DIET INSTRUCTIONS

DO NOT BRUSH OR FLOSS UNTIL AFTER FOLLOW UP APPOINTMENT!

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 (no kiwis, no strawberries). 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, “mushy” – soft foods are allowable. Soft foods have the consistency of pasta, fish, ground beef/pork 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 Banana, 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- OK to blend with fruit except no berries with 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.

Please remember...

The Periodontal Maintenance program that you will start after completing your surgery is very critical for the health of your bone and tissues. It is essential that you keep all of your appointments following your LANAP procedure. Your treatment success is dependent on a strict Periodontal Maintenance Program every three months. These continued appointments are as important as the initial treatment itself.

Missing appointments greatly increases your chance of losing some or all your teeth, spaces between your teeth not filling in, tooth sensitivity, bite problems, pain, tooth mobility, and compromised healing.

Our dental team is truly concerned about your dental condition. As you know, periodontal disease is linked to health problems like Stroke, Diabetes, and Heart Disease.

LANAP Treatment Sequence:

- LANAP procedure on full mouth
- Week 1 – LANAP procedure 1st Post-OP. Bite adjustments and ok to brush (extra soft toothbrush)
- Week 2 – 2nd Post-Op. Bite adjustments and ok to floss gently. (2 weeks off)
- Week 4 – 3rd Post-Op and impressions for NG. (2 weeks off)
- Week 6 – Deliver NG. Start your periodontal maintenance appointments in our office 3 mo. from day of surgery.
- You will then be seen **every 3 months** in our office for your ongoing periodontal maintenance appointments.