



GENERAL & IMPLANT DENTISTRY

PERSONALIZED & COMFORTABLE

LANAP Post-Operative Instructions

Patient instructions following Laser Periodontal Therapy(LPT™)

You have just received a revolutionary new treatment for periodontal disease known as Laser-Assisted New Attachment Procedure(LANAP). And, while no cutting or stitches are involved, there are still some important post-operative instructions that you should follow.

If you have any pain or excessive bleeding following your treatment, please contact our office at (925)679-9999. Normally, some discomfort is to be expected, but is usually managed well with the anti-inflammatory medication that was prescribed for you. Some slight bleeding is also normal, but should be minimal. Severe pain or excessive bleeding a NOT normal and should be addressed immediately.

Do not be alarmed by any color changes or appearance of tissues following laser therapy. Tissues can be gray, yellow, red, blue, purple or "stringy" and reflect normal response to laser treatments.o0

Reduce activity for several hours following treatment. Take it easy and let your body recover before resuming your normal activities.

You may spit, rinse and wash your mouth today. Rinse as directed each morning and night with the prescription rinse that you were provided. In between, rinse gently every three hours with warm salt water(1/2 teaspoon of salt dissolved in an 8-ounce glass of warm water). Do not chew on the side of your mouth that has been treated.

Avoid spicy or excessively hot foods for the first week.

Try to keep your mouth as clean as possible in order to help the healing process. Brush, floss and follow other home-care measures in all the areas of your mouth except for the treated areas.

Do not apply excessive tongue or cheek pressure to the treated areas.

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If you smoke, the treated tissues must be protected during the initial healing period. You have been given clear plastic trays to wear when smoking or a surgical packing material has been placed around the treated teeth. It is essential that you wear the trays every time you smoke. If you have a surgical pack placed and it comes off before your next appointment, that's usually not a problem, although you may experience increased temperature sensitivity in that area. Keep the area rinsed well until your next appointment.

Some swelling may occur. To keep this to a minimum, gently place an ice pack on the outside of your face on the treated side for 20 minutes each hour until you go to bed tonight. Do not continue using the ice bag tomorrow.

It is very important to maintain a good food and fluid intake. Try to eat soft but nutritious foods, such as eggs, yogurt, cottage cheese, malts, ice cream, etc., until you can comfortably return to a normal diet.

It is essential that you take the medications that were prescribed. While the laser treatment destroys many bacteria in the diseased areas, many are released during the treatment and can spread infection. Taking the antibiotic as prescribed will help destroy any remaining bacteria.

The anti-inflammatory medications that was prescribed is important in the initial healing phase. It also can be used to control any discomfort that you may experience. Stronger pain medication is usually not needed.

An antimicrobial rinse was also prescribed. Since you cannot brush or floss the treated areas for one week, use of the rinse as directed will reduce the accumulation of plaque and tartar on the treated teeth in the absence of brushing. You may experience a medicinal aftertaste or some temporary staining of your teeth during its use.

Do not be alarmed that, beginning with just two weeks after therapy and extending as long as one year or more, the teeth may become sore, tender or sensitive as the bone and ligaments around the teeth regenerate and become more stable. This is a sign of healing, but also may indicate the presence of a bite imbalance that needs to be adjusted. This is why we will regularly check your bite and make small adjustments as needed to prevent damaging interferences as you chew.

The progress of your healing will be evaluated regularly. Usually you will be seen a week after your treatment, then again three weeks after that. Normally you will then be seen on a three-month basis for maintenance and any necessary adjustments to your bite. We will monitor your oral hygiene and helping you identify problem areas you may have.

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