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## **Post LANAP® Treatment Diet Instructions**

- Following Laser Therapy, do not drink through a straw, spit, or rinse for 24 hours as this creates a vacuum in your mouth that can disturb the blood clots that form and act as a band-aid to help stop bleeding.
- Do not brush or floss the area for 2 weeks after surgery.
- You will be prescribed 3 prescriptions:
  1. Antibiotics are to be taken for 7 days and completed through.
  2. A pain reliever is to be taken as directed.
  3. A mouth rinse is to be used for only 10 days, twice per day. After 10 days, a warm salt water rinse is to be used 3 times per day.
- For 2 weeks following surgery, please stick to a soft diet as suggested below.
- After surgery, you may see a white film develop around the area. Do not wipe it away. Leave the area alone. The film is a part of the healing process.
- **Please remember** that even after 10 days, healing is not complete. The first month following treatment, please continue to make smart food choices and follow a diet consisting of softer foods.

## **Soft Diet Suggestions**

### Daily Vitamins!

Cream of wheat, oatmeal, malt o meal  
Mashed avocado, applesauce  
Mashed potatoes, baked potatoes (okay with butter or sour cream)  
Mashed banana or any mashed/blended fruit **except** berries containing seeds  
Broth or creamed soup  
Mashed steamed vegetables  
Mashed yams, baked sweet potatoes or butternut squash  
Cottage cheese, cream, or soft cheese  
Creamy peanut butter (no solid pieces)  
Eggs any style (okay with melted cheese)  
Omelet (okay to eat with cheese or avocado)  
Jell-O, pudding, ice cream, yogurt  
Milkshakes or smoothies (**DO NOT** blend with berries containing seeds)  
Ensure, Slim Fast, nutritional drinks

## **Restricted Foods**

Gum, candy, cookies, chips, nuts, anything hard or crunchy, anything with seeds or hard pieces, meat that shreds and can lodge under the gum or between teeth, raw vegetables or salad.