

## POST TREATMENT CARE

### LANAP

#### Laser Assisted New Attachment Procedure

*After a dental procedure, oral health is your own responsibility, so it's very important for you to follow the next recommendations to ensure success.*

After undergoing LANAP, **tissues can vary its color**: white, gray, yellow, red, blue, or purple. **Don't worry**, it's your body's normal response to this procedure. The healing process after LANAP takes place in at least two weeks, so during this period you must follow these instructions carefully.

- If medication has been prescribed, please **take exactly as directed** by your dentist.
- **Do not drink** through a straw. Sucking will disturb the area.
- All types of physical activity is **prohibited** for the next 10 days after treatment.
- **You must not smoke after LANAP.** Smoking can cause healing to slow down. Chemicals in cigarettes can cause reactions in the treated area.
- **Swelling may occur.** To keep this at minimum, gently place an ice pack on your cheek, following a 10-minute interval as long as needed for 2 days after surgery.

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#### HYGIENE:

Rinse your mouth **every three hours** with warm salt water (1/2 teaspoon of salt dissolved in an 8 oz. glass of water). 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 not treated by the therapy.

#### EATING:

Avoid chewing on the side of your mouth that has been treated until you are advised to do so. It is very important to **maintain a soft food and fluid intake**, and to avoid spicy food 10 days. The purpose of this is to **protect the clot** that is acting as a "band aid" between the gum and the teeth. You'll be able to return to a normal diet as soon as you are advised.

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IN THE U.S. CALL (928) 257 1307

TOLL FREE (855) 726 4337