

# LANAP

## Post Treatment Care

### 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.

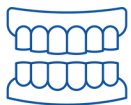
After undergoing LANAP, **tissues can vary its color:** white, gray, yellow, red, blue, or purple. **Don't worry**, it's your body's normal response to this procedure. The healing process after LANAP takes place in at least two weeks, so during this period you must follow these instructions carefully.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



**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.