



# *Institute for Advanced Laser Dentistry*

## **Post LANAP Diet Instructions**

### **Diet Instructions**

- **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. The purpose of this is to protect the clot that is acting as a “band-aid” between the gum 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, chicken 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 potatoes or baked potatoes – ok with butter/sour cream

Mashed banana mashed avocado, applesauce 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 w/ 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.