

## POST LANAP DIET INSTRUCTIONS

1. 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.
2. Next four days after treatment, foods with a “mushy” consistency such as those listed below are recommended.
3. Seven to ten days after treatment, allowable soft foods may have the consistency of pasta, fish, chicken or steamed vegetables. You may then, gradually add back your regular diet choices.
4. 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.

### DIET SUGGESTIONS

- Daily Vitamins!!!
- Anything put through a food blender
- Cream of Wheat, Oatmeal, Malt O’Meal
- Mashed banana, mashed avocado, applesauce
- Mashed potatoes or baked potatoes—OK with butter and sour cream
- Broth or creamed soups
- Mashed, steamed vegetables
- Mashed yams, baked sweet potato or butternut squash
- Cottage cheese, cream cheeses or soft cheeses
- Eggs any style, with or without melted cheese
- Omelets—with cheese or avocado
- Jell-O, pudding, ice cream and yogurt
- Milk shakes, smoothies—OK to blend with fruit except NO BERRIES WITH SEEDS
- Ensure, Slim Fast, nutritional drinks

### DO NOT EAT

- Chewing gum
- Candy
- Cookies
- Chips
- Nuts
- Anything hard
- Anything with seeds
- Anything crunchy
- Anything with hard pieces
- Raw vegetable / salad
- Meat that shreds and can lodge under gums and between teeth

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