

Post LANAP 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**).
- **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.
- 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 – **NO GRITS**
- Mashed banana, mashed avocado, applesauce
- Broth or creamed soups
- Mashed steamed vegetable
- Mashed yams, baked sweet potato or butternut squash
- Cottage cheese, cream cheese, or soft cheeses
- Eggs any style, with or without melted cheese
- Omelets can have cheese and avocado
- Jell-O, pudding, ice cream, and yogurt
- Milk shakes, smoothies – OK to blend in fruit except **NO BERRIES with SEEDS**
- Ensure, Slim Fast, nutritional drinks

Do Not Eat

* chewing gum

*anything with seeds

anything with hard pieces

*

* cookies

* raw vegetable/salad

c

a

* chips

* nuts

n

d

* anything hard

* anything crunchy

y

*

* meat that shreds and can lodge under gums and between teeth

a

n