

## POST LANAP DIET INSTRUCTIONS

- **The first three days (days 1-3)** following laser therapy, follow a **liquid only** diet to allow for healing. Anything that can be blended to drink is ideal. The purpose of this is to protect the blood clots that have formed and are acting as a “band aid” between the gums and the teeth. Do not drink through a straw, as this creates a vacuum in your mouth that can disturb the “band aid”.
- **Next three days (days 4-7)**, you may begin to eat foods with a “mushy” consistency. Suggestions listed below.
- **One week (days 7-10)**, soft foods are allowable. Soft foods have the consistency of pasta, chicken, steamed vegetables. You may then begin to gradually return to your regular diet choices.
- **Please remember**, 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:

Applesauce or any blended fruit, except for berries with seeds  
Oatmeal, Cream of wheat  
Mashed potatoes or baked potatoes  
Mashed yams, baked sweet potatoes, butternut squash  
Mashed steamed vegetables  
Fish, meatloaf  
Broth or creamed soup  
Cottage cheese, cream cheese, or other soft cheese  
Creamy peanut butter without solid pieces  
Eggs – any style  
Jell-o, pudding, ice cream, yogurt  
Milk shakes or smoothies (no berries with seeds)  
Ensure, Boost, other protein drinks

### DO NOT...

Chew gum, candy, cookies, chips, nuts, anything hard or crunchy, anything that has seeds or hard pieces, raw vegetables or salad, or meat that can shred and lodge under the gum tissue or between the teeth.

**After hours:** Dr. Deana can be reached by cell: **919.749.2070**.  
Dr. Phyllis can be reached by cell: **910.262.8486**.

If for any reason you cannot reach either doctor please contact your general dentist.

