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POST PERIODONTAL SURGERY & LASER ASSISTED NEW ATTACHMENT PROCEDURE (LANAP) INSTRUCTIONS

Please read the General Pre & Post Op Instructions.
These are additional notes following a dental implant treatment.

Post-surgery instructions (until the 2-3 week follow up)

- (1) A dressing/oral bandage (pink bubble gum- like material) may be placed around your teeth. This is primarily for comfort. If the bandage becomes loose or is lost, do not be alarmed. If you are uncomfortable or concerned about the bandage please call the office.
- (2) You may resume non-vigorous exercise in 3 to 4 days. Refrain from vigorous exercise for 2-3 weeks.
- (3) In the treatment areas, do not brush, floss, or chew for 10 days (You will need to consume a soft diet which does not involve chewing per the other instructions).
- (4) Start gentle brushing at 21 days. Do not use electric toothbrushes until 2 months after surgery.
- (5) Begin chewing regular soft food after 10 days. (Avoid harder, crunchy, chewy foods for 6 to 8 weeks post laser surgery). See suggestions in General Pre & Post Appointment Instructions.
- (6) If you notice your bite feels off or hurts, please call our office to schedule a visit to adjust your bite.

Two – three weeks after laser surgery, you will have a follow up appointment to check your healing and receive oral hygiene instructions.

1. You can begin regular brushing and flossing to the gum line at this appointment to remove food debris.
2. We may need to refine your bite at this appointment.
3. Switch from rinsing with Peridex to a diluted Bleach Solution (see instructions for mixing the diluted Bleach solution).

Two Months after laser surgery, you can start using:

1. Flossing below the gum line
2. Interproximal brushes to clean between your teeth. Note you still must floss.
3. An electric toothbrush (we only recommend the Sonicare Electric Toothbrush)
4. Diluted Bleach Solution in an Oral Irrigator

Three months after laser surgery you will have a Periodontal Maintenance Cleaning.

Six to Nine months after laser surgery you will have a Periodontal Cleaning with a Re-Evaluation also called a Periodic Oral Evaluation (POE). At this point we will either release you back to your general dentist or begin an alternating Periodontal Maintenance Cleaning schedule every 3 to 4 months with your General Dentist.

(Last Updated 6.26.24)

Read, Sign, and Send all consent forms at least 3 to 5 days before surgery.



Active Member
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Specialist in Periodontics

