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1. Do not be alarmed with any color changes or appearance of tissues following laser therapy. Tissues can be gray, tan, yellow, red, blue, purple, and "stringy". These changes reflect normal, response to laser treatments. **DO NOT disturb this area in any way.**
2. Reduce physical activity in general and avoid working out/exercising for at least 3 days following surgery.
3. It is OK to spit, rinse, and wash your mouth out **GENTLY starting tomorrow**. Rinse as directed with prescribed mouth rinse morning and night. In between it is of help to rinse gently every three (3) hours with warm salt water (1/2 teaspoons oz salt dissolved in an 8oz. glass of really warm water) or hydrogen peroxide mixed half and half with water.
4. Do not chew on the side of your mouth which has _just been treated for three (3) weeks or until you are advised it is OK. Do not eat spicy or excessively hot foods; hard foods such as chips, nuts and stringy foods like chicken.
5. Try to keep your mouth as clean as possible in order to help the healing process. This will be by **RINSING ONLY for 10 days**. Brush, floss and fol.lmv other home care measures in all areas of your mouth that have not had surgery. Once both sides have been treated, **gentle brushing is allowed on clay 11**.
6. Do not apply excessive tongue or cheek pressure to the surgical area.
7. Do not be alarmed if one of the following occurs:

Light Bleeding

Slight Swelling

Some soreness, tenderness, or tooth sensitivity Medicinal taste from mouthwash or other medicines

8. In some circumstances, a surgical pack is placed on the area to prevent food, trauma, and/or smoke from irritating the surgerized tissues. If a piece of the pack falls out or if the entire pack loosens or falls out, do not be alarmed but please call and advise us.
9. Swelling may possibly occur. While this is rare after laser surgery, if it occurs, gently place an ice pack on the outside of the face for 20 minutes on and 20 minutes off for 2-3 hours.
10. Some slight oozing of blood may occur and will appear to be greatly exaggerated when it dissolves in saliva. Determine the site of the oozing and place pressure on this area with a small piece of damp paper towel. If you cannot locate the origin of bleeding, rinse your mouth gently with iced water and apply a wet tea bag to the general area. [f excessive bleeding continues, please call the office.
11. It is very important to maintain good nutrition and fluid intake. Try to eat soft but nutritious food following LANJIP diet instructions until you are advised that you can return to a normal diet. This will normally be about 3 weeks. **DO NOT suck thru a straw.** Sucking will disturb the area.
12. Take the prescribed medications exactly as directed.
13. Please call the office so that we may render further treatment if any of the following occurs:
 Prolonged or severe pain
 Prolonged or excessive bleeding Considerably elevated or persistent temperature
 The 24 hour emergency# is (904)-731-1324
14. Do not be alarmed that beginning shortly after surgery and extending as long as 1 year or more, your teeth may become sore, tender, or sensitive as the bone and ligaments around the teeth regenerate and become more firm. This is a sign of healing, but also indicates the presence of a bite imbalance that needs to be adjusted. Occlusal adjustments are an ongoing part of your care and maintenance, and an occlusal or bite guard is necessary to maintain bite stability.

POST LANAP DIET INSTRUCTIONS

The first three to seven (3-7) days following Laser surgery, 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 vitamins daily.

Next seven to ten (7-10) days after surgery, you may have foods with a "mushy" consistency. (see next sheet)

Ten to twenty one (10-21) days after surgery, allowable soft foods may have the consistency of pasta, flaky fish, hamburger or soft steamed vegetables. You may then, gradually add back your regular diet choices.

Please remember that even after twenty-one days., healing is not complete. The first month or more following treatment, you should continue to make smart food choices. Softer foods are better.

DIET SUGGESTIONS

Daily Vitamins

Anything put through a blender

Cream of Wheat, Oatmeal, Malt O Meal

Mashed Banana, mashed avocado or applesauce

Mashed or baked potatoes white or sweet (butter and sour cream allowed)

Broth or creamed soups

Mashed steamed vegetables

Mashed butternut or acorn squash

Cottage cheese, cream cheese or any soft cheese

Eggs any style, with or without melted cheese

(Omelets can have cheese and/ or avocado)

Jell-O, pudding, ice cream and yogurt

Milk shakes, smoothies- OK to blend with fruit but NO BERRIES with SEEDS and NO STRAWS

Ensure, Slim Fast, Instant Breakfast, other nutritional drinks

DO NOT EAT

CHEWING GUM

ANYTHING CRUNCHY

RAW VEGETABLES/SALAD

CANDY

CHIPS

ANYTHING HARD

ANYTHING WITH SEEDS

COOKIES

ANYTHING WITH HARD PIECES

NUTS

MEAT THAT SHREDS AND CAN LODGE UNDER GUMS AND BETWEEN TEETH