



Post LANAP Diet Instructions

The first 7 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.

Starting 7 to 10 days after treatment- “mushy”- soft foods are allowable. Soft foods 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.

Mushy Diet Suggestions

- DAILY VITAMINS!
- Anything put through a food blender
- Cream of wheat, oatmeal, malt o meal
- Mashed potatoes or baked potatoes- ok with butter\sour cream
- Mashed banana, mashed avocado, applesauce or any mashed/blended fruit, except berries with seeds
- Broth or creamed soup
- Mashed steamed Vegetables
- Mashed yams, backed sweet potato or butternut squash
- Cottage cheese cream or soft cheese
- Creamy peanut butter without solid pieces
- Eggs any style, with or without melted cheese
- Omelets can have cheese and avocado
- Jell-o, pudding, ice cream, yogurt
- Milk shake/smoothies- ok to blend with fruit except no berries w/ seeds
- Ensure, slim fast- nutritional drinks

Don't.....

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