



**E**STHETIC **f**AMILY **D**ENTISTRY, LLC

*"Where outstanding smiles are created"*

### Post LANAP Diet Instructions

- The first three (3) days following Laser Therapy, follow a liquid-like diet to allow healing. Anything that can 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.
- For the next four (4) days after treatment, foods with a "mushy" consistency such as those listed below are recommended. See below...
- Starting seven to ten (7-10) 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 (10) days, healing is not complete. The first month following treatment, you should continue to make smart food choices. Soft foods are best.

### "Mushy" Diet Suggestions

#### DAILY VITAMINS!

Anything put through a food blender

Cream of Wheat, oatmeal, malt of meal

Mashed or baked potatoes. Ok with butter/sour cream

Mashed banana, mash avocado, applesauce or any mashed/blended fruit except berries with seeds.

Broth or creamed soup

Mashed steamed vegetables

Mashed yams, baked 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 and yogurt

Milk shakes/smoothies - ok to blend with fruit except berries with 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

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