

## Post LANAP® Treatment Diet Instructions

- **The first three days** following Laser Therapy, follow only a liquid diet to allow proper 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 gums and the teeth. Do not drink through a straw, as this creates a vacuum in your mouth that can disturb the initial healing. Take daily vitamins (multi-vitamin).
- **Next four days after treatment**, foods with a “mushy” consistency such as those listed below are recommended.\*see below
- **Starting seven to ten days after treatment**, soft foods may be allowable. The time to start on soft foods is dependent upon healing following LANAP® treatment. 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 Avocado, Applesauce  
Mashed Potatoes or Baked Potatoes – OK with butter/sour cream  
Mashed Banana 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, Yogurt  
Milk shake/smoothies – DO NOT blend with berries containing seeds  
Protein shakes, Ensure, Boost, 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.