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Post LANAP/Periodontal Treatment **Diet Instructions**

- **The first three 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 gums 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.
- **Next four days after treatment**, foods with a **MUSHY** consistency such as those listed below are recommended.

***Mushy Diet Suggestions**

DAILY VITAMINS!

Anything put through a food blender
Cream of wheat, Oatmeal, Malt O Meal
Mashed Avocado, Applesauce
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
Ensure, Slim Fast-nutritional drinks

- **Starting seven to ten days after treatment**, **SOFT FOODS** may be allowable. The time to start on soft foods is dependent upon the loss of the white material that appeared around your teeth following LANAP treatment. You were introduced to this material by your doctor or doctor’s assistant during your follow-up visit immediately following your initial treatment session. It was explained to you that you must leave this material alone until it naturally heals and disappears. Once the white material has disappeared, then soft foods can be introduced. **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.

DON’T

Chew gum, candy, cookies, chips, nuts, anything hard or crunchy, anything that has seeds or hard pieces, meat that shred and can lodge under the gum and between teeth, raw vegetables/ salad. No spicy or excessively hot foods.