



**Treatment & Home Care Sequence for
Laser Periodontal Therapy (LPT™) Patients**

Laser Assisted New Attachment Procedure (LANAP™)

Appointment
Date & Time

- [Begin taking prescribed antibiotics 24hrs prior to your appointment](#)

UR/LR LPT (LANAP) & Occlusal Adjustment.

UL/LL LPT (LANAP) & Occlusal Adjustment; UR/LR Post-op check & Occlusal Adjustment.

5-7 Days After 1st Appt

- PerioGuard rinses only; NO Brushing, Flossing or Waterpik use until instructed.
- Liquid diet & Ibuprofen(take as directed) for 24hrs immediately following surgery.
- Soft diet for 3-7 days following surgery; Continue antibiotics until finished. No Smoking!

1 Week post-op visit: post-op check UL/LL & Occlusal Adjustment;

7 Days After 2nd Appt

- Take impression for mouth guard if indicated; Splint mobile teeth if indicated.
- LIGHT Brushing & PerioGuard rinses only; NO Flossing or Waterpiking yet.
- Resume normal diet but avoid "chippy" and spicy foods.

3 Week post-op visit: Full mouth Occlusal Adjustment & polish occlusion; Light supra-gingival scaling & polish; Deliver mouth guard if indicated; OHI

14 Days After 3rd Appt

- Normal Brushing, CAREFUL Flossing & PerioGuard rinses only; NO Waterpiking yet
- Please remember that the success of any periodontal procedure is extremely dependant on good homecare & regular 3 month maintenance/recall visits

6 Week post-op visit: Check Occlusion & mouth guard and adjust where necessary; Supra-gingival scaling & polish; Waterpik & Oral Hygiene Instruction (OHI).

21 Days After 4th Appt

- Add Waterpiking to existing home-care regimine; Do not aim waterpik into gum pocket.
- Congratulations! The LANAP protocol is now complete. See you in 6 weeks for your 3 month periodontal maintenance visit.

Please note that all of the above post-op visits are included in the total treatment cost estimate which was quoted to you. Continuing care visits listed below are an additional fee.

3 Month Perio Maintenance visit: Scale & polish; Check occlusion (and mouth guard); Oral Hygiene Instruction (OHI).

6 Weeks After 1st Visit

6 Month Recall Visit: Scale, polish & X-Rays; Check occlusion (and mouth guard); Full assessment of post-operative results (periodontal charting); OHI

9 Month Perio Maintenance Visit: Scale, polish & OHI; Check occlusion.

1 Year Recall Visit: This visit can now be completed at your regular Dentist's office However, continuing 3 month maintenance visits should be alternated with our office for an additional 1 year period so that we may closely monitor and address any areas that are not responding favorably to treatment.