

# LANAP Protocol: What to Expect

## **What to Expect: Your LANAP Surgery**

LANAP periodontal surgery is a full-mouth procedure usually completed in two 2-hour visits. We complete one side of the mouth during the first visit, and complete the other side on the second visit. Surgeries are usually scheduled within one week of one another. It is common to quickly return to work or other activities.

## **What to Expect: The First Few Days**

You may experience mild aching, throbbing, and soreness of the treated areas for the first couple days—this can be helped with mild pain medications. The tissue around the teeth may appear discolored. Your bite may feel slightly different, but the teeth will adapt. You cannot brush or floss for the first 7-10 days after treatment, and you will need to follow a liquid or mushy diet. Smoking decreases results for all gum treatments, including LANAP treatment.

## **What to Expect: Follow-up Care**

As the gums heal, the teeth will shift, and your bite will need to be adjusted several times over the coming months. Splints may be fabricated to stabilize and immobilize the teeth. It is important that you wear these splints as instructed to promote healing. Expect to have your teeth professionally cleaned every three months for at least the first year, and then as recommended by your dentist.



# LANAP Protocol: Surgery & Follow-up Treatment

*Below is a sample treatment plan. Your treatment plan may vary based on case severity and healing response.*

## **Post-Op Visit: Week 1**

- Bite adjustments and healing management
- No brushing
- No flossing or use of electric toothbrush
- Very soft 'mushy' diet days 3-10

## **Post-Op Visit: Month 1**

- Light cleaning/polishing
- Wear splints every night; wear during day when possible (variable)
- Continued bite adjustments and healing management
- Resume brushing and flossing
- Resume normal diet

## **Post-Op Visit: Month 4**

- Periodontal maintenance
- Continued bite adjustments and healing management
- Continue good brushing and flossing

## **Post-Op Visit: Month 7 & 10**

- Checkup and periodontal maintenance
- Continued bite adjustments and healing maintenance

## **1 Year Re-Evaluation**

- Full periodontal charting and X-rays
- Periodontal maintenance
- Continued bite adjustments and healing maintenance
- Impressions for LANAP guard (variable)
- Assess possible areas requiring re-treatment
- Discuss direction of future treatment, including any recommended restorative, cosmetic, or orthodontic care