



## Post LANAP®/LAPT/LAPIP Protocol OHI

### Oral hygiene guidelines:

- Soak not swish with Chlorhexidine mouth rinse twice daily for the first week of treatment. NO BRUSHING during the first week.
- Brush gently with our provided super soft post operative brush at week 2. Do not soak with mouthwash anymore. (if you see white areas in between the teeth do not disturb these as they are a fibrin clot healing)
- Begin using your regular brush at week 3 beyond.
- Do not floss until week 4 from surgery.
- Do not use ELECTRIC TB until 6 weeks from surgery.
- Do not use oral irrigators (waterpik, waterflossers etc.) until 3 months from surgery. Use only perpendicular to teeth.
- We will schedule you for maintenance cleanings at approximately 3 months and 6 months to maintain minimal bacteria levels during wound healing.
- You may resume regularly scheduled cleanings with your general dentist office after our last 6mo maintenance cleaning and 9mo from the surgery date.

### Diet:

- For the first 24 hours after surgery, food and drink should be cool or cold. For the first 6 weeks, soft foods or cut small and eaten away from the surgical site is recommended so that the surgical wound will not be traumatized.