

POST-LANAP DIET

Surgical Date: _____

Instructions

- The first three days following your laser therapy, adhere to an only 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 gum and the teeth. Do not drink through a straw, as this creates a vacuum in your mouth that can disturb the “band-aid.” Take your daily vitamins.
- The next four days after treatment, foods with a “mushy” consistency such as those listed below are recommended.
- Beginning 7 to 10 days after treatment, mushy to soft foods are allowable. Soft foods have the consistency of pasta, fish, chicken or steamed vegetables. You may then, gradually add back your regular diet choices after 10 days.
- Please remember that even after 10 days, healing is not complete. The first month following treatment you should continue to make smart food choices. Softer foods are always better during this healing period.

DAY 1 TO 3 AFTER SURGERY	DAY 4 TO 6 AFTER SURGERY	DAY 7 TO 10 AFTER SURGERY
Eat a liquid only diet. Anything you can purée in a blender is fine. Nothing with seeds or small pieces.	Eat only mushy or puréed foods. See list below.	Eat mushy to soft foods including pasta, fish, chicken, tofu, stews, or steamed vegetables.

“Mushy” Diet Foods

- TAKE YOUR DAILY VITAMINS!
- Anything you can put through a food blender
- Cream of Wheat, oatmeal, Malt-O-Meal, etc.
- Mashed potatoes or baked potatoes – okay with butter or sour cream
- Mashed bananas, mashed avocado, applesauce or any other mashed or blended fruit, EXCEPT no berries with seeds
- Broths or creamed soups
- Mashed steamed vegetables
- Mashed yams, baked sweet potatoes or butternut squash
- Cottage cheese, cream or very soft cheeses
- Creamy peanut butter (no crunchy!)
- Eggs any style, with or without melted cheese; omelets can have cheese and avocado
- Jell-O, pudding, ice cream or yogurt
- Milkshakes/smoothies – okay to blend with fruit, EXCEPT no berries with seeds
- Ensure, Slim-Fast or other nutritional drinks

DON'T EAT... (Until day 11)

Chewing gum, candy, cookies, chips, nuts, anything hard or crunchy, anything that has seeds or hard pieces, meat that shreds and can lodge under your gum or between teeth, raw vegetables or salads