



LANAP

LANAP (Laser Assisted New Attachment Procedure) is a minimally invasive treatment option for periodontal issues. It is the only FDA-approved laser treatment for correcting periodontal disease and regenerating bone. Unlike traditional methods of treating periodontal disease, which requires the use of scalpels to cut tissue and sutures, LANAP can pinpoint and kill bacteria without damaging surrounding gum tissue. Patients often prefer being treated with LANAP because it creates less discomfort and the healing process is much faster.

Patients who have periodontal disease essentially have two options for the type of treatment they can receive: traditional surgery or LANAP.

Traditional gum surgery typically involves the use of a scalpel to expose the jawbone and roots of the teeth by folding the gums back. Once this area is accessible, the debris and tartar are removed. If any bone defects are present, bone graft materials are then placed or the bone is reshaped. Following this, the gums are sutured in place and allowed to heal.

LANAP performs a similar role of removing diseased tissue and killing bacteria, but it accomplishes this through the use of a laser and does not require sutures. The laser penetrates beneath the tissue surface and destroys any bacteria, plaque, or infected tissue. Once the infected tissue has been removed, your periodontist will use instruments to remove the calculus. Finally, a second round of the laser will seal the area adjacent to the tooth, which also stimulates stem cells to develop bone around the teeth. This process ensures that tissue is not removed and facilitates the formation of collagen, bone, and connective tissue.

On the day of your treatment your periodontist will start by properly numbing you using a local anesthetic. You will only need one visit for this treatment, even if you are treating the entire mouth. Compared to traditional periodontal surgery, the recovery time following the procedure is much faster and easier, typically requiring no down time following treatment. Your periodontist will bring you back every few weeks initially to evaluate healing. Final results of treatment are measured after at least 6 months.

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What to expect:

- No caffeine the day of procedure
- No alcohol the day before and day of the procedure
- No smoking at least 1 week prior to and after procedure.
- Prescriptions
- Bite adjustment the day of treatment
- Spaces between teeth
- Possible exposure of crown margins
- Possible increase in mobility
- Sensitive to temperature
- Mild/moderate discomfort
- Inflammation
- Possible gum recession on adjacent teeth
- Periodontal maintenance appointments
- If you take ASPIRIN, continue to take it
- If you take blood thinning medications, please follow your periodontist and doctor's instructions on taking it prior to surgery

Post op instructions:

- Soft food diet and no carbonated beverages following surgery for 1 week
- No straws, spitting, hard swishing for 1 week
- No chewing gum for 1 week
- Avoid heavy lifting/exercise for 1 week
- Use Extra soft toothbrush provided, do not brush gums for 1 week
- Resume Waterpik, electric toothbrush, and sub gingival flossing at 1 week
- Ice pack for first 24 hours every 10 minutes on/10 minutes off, warm compress after 24 hrs
- If you have a nightguard, wear it
- Use StellaLife 3 times a day
- StellaLife as directed. Gentle swish for 1-2 minutes.
- For pain control and reduction of swelling, take 600 mg Ibuprofen (this is 3 over the counter 200mg tablets), wait 3 hours then take 500mg Tylenol (1 over the counter tablet) and continue to alternate medications every 3 hours. If this does not control your pain, take the 600 mg ibuprofen and 500 mg Tylenol at the same time, every 6 hrs.
- If medications were prescribed, please follow the instructions on the bottle for their use.