



### *Post LANAP Oral Health Instructions (OHI)*

It is important to understand that healing occurs at an individual's own rate and is affected by outside influences (smoking, re-introduced bacteria, oral care compliance). We can compare the healing in your mouth to a scab healing over a cut to your skin. The scab will fall off as the tissue below heals and becomes stronger.

The healing tissues (fibrin) on your gums are much the same. How long it takes for you to heal will be different from someone else.

### *LOOSE OHI Guidelines*

- DO NOT BRUSH YOUR TEETH OR RINSE YOUR MOUTH AFTER LASER SURGERY.
- Only brush and floss the untreated area of your mouth.
- Clean your gums by applying the Peridex soaked in gauze and rub along the gum line.
- Use a manual toothbrush for the first 30 days ON THE TOPS of your teeth.
- You may floss at 4 weeks, do not go below the gum line.
- Electric tooth brushing may begin at 4-6 weeks.
- NO oral irrigators or flossers may be used for 3-6 months, do not go below the gum line.

Please remember, your tissues need to be mature and strong to begin flossing and using your electric toothbrush again. You will have follow up appointments to check your healing progress, at this time ask if you are uncertain about your home care needs.