

## Post LANAP Diet Instructions

**First three days**-- liquid only diet. DO NOT drink through a straw. Take daily vitamins.

**Days 4-7** -- mushy consistency such as oatmeal, mashed potatoes, banana, applesauce, cottage cheese, mashed steamed vegetables, peanut butter, eggs any style, pudding, ice cream, Ensure, Slim Fast.

**Day 8-6 months** -- softer foods such as pasta, fish, chicken, hamburger, steamed vegetables, NO steak, stringy meats, bagels, seeds, raw vegetables, chips, nuts, crusty bread, chewing gum.

**FOR 6 MONTH**, "If you have to work to chew it, don't do it".

NO popcorn for 1 year.

## Post LANAP Oral Hygiene Home Care Instructions

### **1st Month-**

Sweep brush with manual toothbrush

Chlorhexidine (Periogard) for 1 month, twice daily. After 1 month, 50% Listerine/ 50% water, mix and rinse daily.

### **1 Month - 1 Year**

Floss daily to the gum line only.

Electric toothbrush 2 times daily at gum line 90 degree angle

Rubber tip daily

Water pik can be used after 6 months (above gum line and low power)