

**The Houston Dentists  
Dr. Kathy Frazar  
4914 Bissonnet, Suite 200  
Bellaire, TX 77401  
713-668-7137  
Post LANAP Diet Instructions**

### **Diet Instructions**

- **The first three days** following Laser Therapy, follow **only** a 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 daily vitamins.
- **Next four days after treatment**, “mushy” –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.
- **Please remember** that even after ten days, healing is not complete. The first month following treatment you should continue to make smart food choices. Softer foods are better.

### **“Mushy” Diet Suggestions**

#### **DAILY VITMINS!**

- Anything put through a food blender
- Cream of wheat, oatmeal, malt o meal
- Mashed potatoes or Baked potatoes-ok with butter/sour cream
- Mashed banana, mashed avocado, applesauce or any mashed/blended fruit except berries with seeds
- Broth or creamed soup
- Mashed steamed vegetables
- Mashed yams, baked sweet potato, or butternut squash
- Cottage cheese cream or soft cheese
- Creamy peanut butter with solid pieces
- Eggs, any style, with or without melted cheese
- Omelets can have cheese and avocado
- Jell-o, pudding, ice cream, yogurt
- Milk Shake/smoothies-ok to blend fruit except with berries w/ seeds
- Ensure, slim fast-nutritional drinks

### **DON'T**

Chew gum, candy, cookies, chips, nuts, anything hard or crunchy, anything that has seeds or hard pieces, meat that shreds and can lodge under the gum and between teeth, raw vegetables/salad

**If you have any questions, please call our office 713-668-7137**