



LANAP INFORMATION (LASER-ASSISTED NEW ATTACHMENT PROTOCOL)

FREQUENTLY ASKED QUESTIONS

WHAT DOES LANAP STAND FOR OR MEAN?

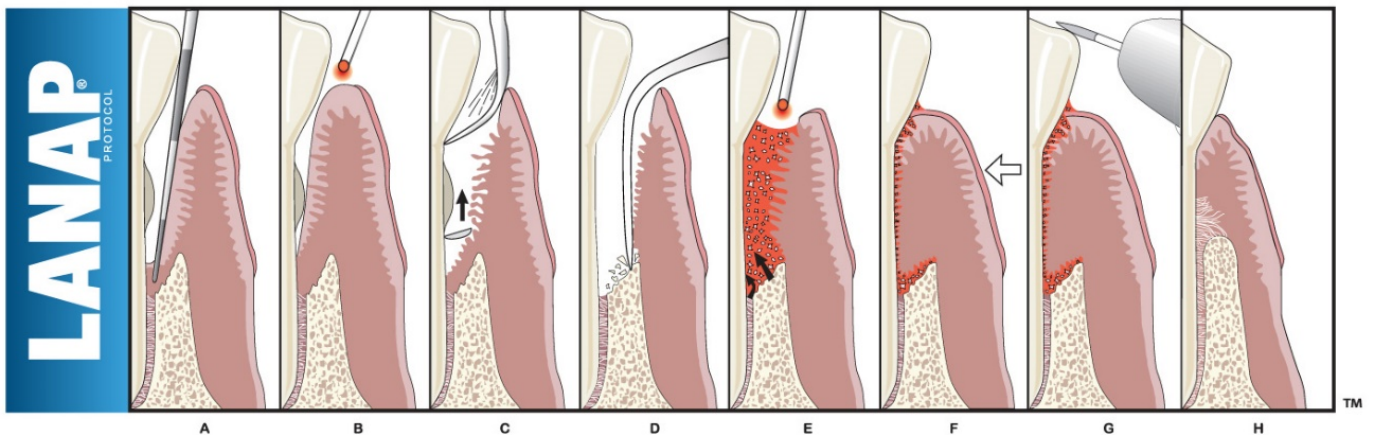
Laser-Assisted New Attachment Protocol. It was started in The USA in the 1990s; The LANAP protocol is the only laser treatment to receive FDA clearance for True Regeneration. This was based on evidence that indicated the treatment led to

- > New cementum
- > New periodontal ligament
- > New alveolar bone!

However, it is a relatively new methodology in Australia. Dr Barker is one of two accredited specialists on the east coast of Australia. For a full description, please visit www.lanap.com/patients.

WHAT MAKES LANAP DIFFERENT FROM OTHER TYPES OF TREATMENT?

LANAP incorporates elements such as additional use of a laser during the debridement and curettage. There is also a special diet and postoperative care regime to follow. During the initial active phase, the teeth are still cleaned under local anaesthetic using the same instruments as during debridement. This combination of various elements is aiming to provide the benefits of therapy and aiming for regeneration of support whilst minimizing the risks, particularly recession of the gums, pain and sensitivity.



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DOES LANAP HURT?

Although the procedure itself can be virtually painless, we will use a local anaesthetic in the area for your comfort. In this way, we can precisely direct the laser for treatment. Post-procedure discomfort is typically minimal and short in duration; however, your clinician may prescribe pain killers if required.



WHAT ARE THE AIMS OF LANAP

- > Less pain
- > Less bleeding
- > Less sensitivity
- > Less gum loss
- > Less swelling
- > Minimal downtime after treatment
- > Faster healing and more comfortable than conventional surgery
- > Regeneration of supporting tissues

WHAT ARE THE RISKS OF LANAP THERAPY

The risk for LANAP is similar to conservative debridement. However, the technology is specifically aimed at minimising these risks. Other issues are the tissue around the teeth may appear discoloured. Your bite may feel slightly different, but the teeth will adapt. You cannot brush or floss for the first 7-10 days after treatment, and you will need to follow a liquid or mushy diet.

WHAT TO EXPECT ON THE DAY OF LANAP THERAPY

1. The initial treatment time length will vary depending on the severity and number of teeth required to be treated. Some treatment times are as short as 45mins; other treatments will take up to 4 hours.
2. We strongly suggest you wear comfortable clothing, maybe even a little bit warmer than usual as we keep the room at approximately 20 degrees Celcius. The Periodontists and staff are wearing surgical gowns for everyone's protection. The gowns can get quite hot underneath.
3. You will be greeted at the front desk as per usual and asked about any updates to your medical history and any other issue pertinent at the time.
4. **You will be asked for a signed copy of your consent form. If you do not have one, the staff will reprint a consent form for you. The expectation is that you have read all the material previously provided and understand what is going on.**
5. The periodontist or the surgical assistant will take you into the surgery to recheck what is planned for the session.
6. A topical numbing gel will be applied. The gel does not taste very nice but does help later on. Please do not swallow this, as it can make the back of the throat go numb and feel like you can't swallow or breathe. Relax, you can; it will go away on its own after 5-15mins depending on the amount ingested.
7. Potentially more photographs will be taken.
8. Local anaesthesia (LA) will be given. This part of the procedure is, unfortunately, the most uncomfortable part. We will ask you not to put your headphones on yet as we are continuously reassuring you and checking there are no issues with the anesthetic.
9. Any required additional x-rays will be taken. The X-rays will usually be positioned on your back teeth or the targeted teeth or implants.
10. Then the procedure itself will begin.
11. We will use something called an "Optragate". It is a soft rubber ring that helps you to keep your mouth open and protects your lips. It is not essential, and if you can't tolerate it, please let us know. However, the use of the Optragate does help us to complete your procedure more quickly.



12. The first intervention will consist of an initial polish of your teeth with our Guided biofilm therapy system. This system is unique as it mixes warm air and warm water with specialised powders to effectively remove stains and soft debris off your teeth with minimal impact to the surrounding gums
13. The second intervention involves the laser. During the laser's use, you may detect a slight burning smell that is just the infected materials being destroyed.
14. The third intervention is the actual cleaning. There is a lot of water due to the required cooling mechanisms of the instruments, sometimes minty!
15. On occasions, we will use hand instruments as well. You might hear some scraping and feel the pressure. Frequently we have to resharpen the instruments mid procedure to maintain efficiency. This noise can also be unsettling.
16. **If at any time you need to stop, then please indicate. We allocate time for you to stop and have a dedicated half time break.**
17. During the fourth intervention, the laser will be used again. The aim is to start the healing process and stabilise the gums against your teeth. You might see a slightly red material accumulating around the teeth.
18. We work on the mouth in quadrants or halves. We will frequently offer you a break when we have completed approximately half the treatment, **if you require any additional breaks, please let us know**
19. We will frequently reassess your bite with some marking paper on teeth we suspect have too much pressure being applied. On the area that needs the pressure reduction, we will use little polishing discs predominantly or, in some case, diamond burs on fillings and crowns. It will be challenging, but we might change your position and sit you up and try to get some feedback on how you feel your teeth are coming together.
20. Sometimes we will then fabricate a temporary occlusal splint (this is only meant to be used for the first 4-6 weeks). We will organize for your dentist to fabricate a long term one as soon as possible
21. The staff will review the post-op instructions with you again, and you will get your bag of items at the front desk!
22. You can leave!



POSTOPERATIVE INSTRUCTIONS (AFTER THE PROCEDURE)

The proactive perio clinicians' primary concern is for your comfort and safety. They may prescribe antibiotics to reduce an infection's likelihood. The clinicians' may prescribe anti-inflammatories to control micro-inflammation and swelling. The clinicians may prescribe painkillers to help you to manage your pain. If prescribed, you will need to start taking these medications on the day of surgery. Some patients choose to take Valium before the procedure – this is to help you relax. If you decide to take Valium, someone else **MUST** drive you to and from our clinic.

The LANAP protocol is a relatively painless procedure. Most patients experience little to no discomfort. Depending on your pain tolerance, you can expect to return to work the day after surgery.

One of the contributing factors of periodontal disease is trauma from tooth-to-tooth contact; therefore, we will frequently recommend you sleep with an "occlusal splint". If required, we will issue you with a temporary one on the day of your procedure, but we may recommend that your dentist make you a full splint in the longer term.

1. You may experience colour changes or the appearance of gum tissue following laser therapy. Gum tissue can turn grey, yellow, red, blue, purple, and "stringy" and reflects a normal response to laser treatments.
2. Do not apply excessive tongue or cheek pressure to the treated area.
3. The following symptoms may occur:
 - > Light bleeding
 - > Slight swelling
 - > Some soreness, tenderness, or tooth sensitivity
4. Swelling may occur. To keep swelling minimal, gently place an ice pack on the outside of the face for 20 minutes each hour until bedtime. Do not continue using the ice pack beyond the day of the periodontal surgery.
5. Some oozing of blood may occur and will appear to be greatly exaggerated when it dissolves in saliva. Determine the side of oozing and place pressure on this area. If you cannot locate the bleeding's origin, rinse your mouth gently with iced water and apply a wet tea bag to the general area.
6. **Please contact Proactive Perio if any of the following occurs:**
 - a) Prolonged or severe pain
 - b) Prolonged or excessive bleeding
 - c) Considerably elevated or persistent temperature (Fever)
 - d) Sores on the roof of your mouth (Blisters)
7. If medications have been prescribed, please take them precisely as directed. If antibiotics are prescribed, the entire course should be taken for the stated number of days or weeks. We also recommended the use of Ibuprofen, primarily to minimise tissue swelling and inflammation. Ibuprofen also helps reduce postoperative pain and sensitivity. Ibuprofen is non-narcotic and does not affect your ability to drive. Never place aspirin directly on the tissue of a painful area.
8. Reduce physical activity for several hours following the surgery to maximise healing—no heavy lifting for 48 hours.
9. Try to keep your mouth as clean as possible to help the healing process. Only brush and floss the untreated area of your mouth. **Do not brush or floss the treated area for 10-14 days or as directed by your doctor.** You will be using an antiseptic mouth rinse to keep your mouth clean during this time. We will give you some to get you started, and if more is required, it can be purchased from any pharmacy.



10. You may spit and gently rinse your mouth on the day of treatment. Rinse your mouth gently 2 times a day with the recommended mouth wash. Do not use the mouth wash more than 2 times per day. Instead, you can rinse with warm salt water (1/2 teaspoon of salt dissolved in a glass of warm water).
11. You will be on a liquid diet for 3 days, then a diet of mushy foods for an additional 7 days, then soft foods until you return for your review appointment. It is essential to maintain good nutrition and fluid intake. Try to eat soft but nutritious food such as eggs, yogurt, cottage cheese etc.
Please refer to the Post LANAP[®] Treatment Diet Instructions (*at the bottom of this page, continuing on to the next page*).
12. When eating, do not chew on the side of your mouth which has been treated if possible
13. Do not be alarmed that beginning with just 2 weeks after therapy and extending as long as 1 year or more, the teeth may become sore and tender as the bone and ligaments around the teeth regenerate and become firmer. This is a sign of healing and indicates a bite imbalance that may need to be adjusted.
14. "Spaces" between your teeth can result from the reduction of inflammation, swelling, and the removal of diseased tissue after the LANAP[®] treatment. These spaces usually fill in overtime. We will help you make sure the teeth and the "papilla" are not traumatised and can regrow.

If you have been taken off blood thinners (Coumadin, Warfarin, etc.), or if your current medications have been altered at all due to your dental surgery, you must contact your general practitioner or specialist physician ASAP. The GP or Specialist should have already determined if and when you should resume your medicines. Delaying this telephone call could have potential life threatening or other serious consequences.

LONGER-TERM CARE

Periodontal disease is a chronic infection. The LANAP protocol is an excellent treatment, but it is not a cure. THERE IS NO CURE FOR PERIODONTAL DISEASE. LANAP treatment aims to reverse some of the effects of the disease and help you maintain a healthy mouth.

Your home care is critical.

1. Your periodontist will make certain recommendations regarding your home care specific to your needs.
2. These recommendations may include the use of an electric toothbrush and interproximal brushes.
3. It cannot be stressed enough the importance of good daily hygiene habits.

You will still need to see a periodontist at least annually. By continuing this partnership, we will help you to treat this severe disease. Our goal is to help you obtain the best care for your mouth and preserve good overall health.

SPECIAL DIETARY 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 is to protect the clot acting as a "band-aid" between the gums 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. During the first three days, you should also avoid spicy foods and anything with tiny seeds that could get stuck in your gums (e.g., strawberries).



- > **Four days after treatment**, foods with a "mushy" consistency can be consumed. Continue to avoid berries containing seeds. Recommendations include:
 - > Potatoes or sweet potatoes; mashed or baked with butter or sour cream
 - > Mashed Banana or any mashed/blended fruit except berries with seeds
 - > Broths or Creamed Soup
 - > Mashed Steamed Vegetables
 - > Eggs
 - > Avocado
 - > Soft cheese such a cottage cheese or cheese that has been melted
 - > Smooth Peanut Butter (not crunchy)
 - > Jelly, Pudding, Ice Cream, Yoghurt
 - > Milk Shakes, smoothies, protein shakes, Slimfast, Up & Go
- > **Ten days after treatment**, soft foods can be consumed. The time to start on soft foods depends on the loss of the white material that appeared around your teeth following LANAP[®] treatment. You must leave this material alone until it naturally heals and disappears. Once the white clot has disappeared, then soft foods can be introduced. Soft foods have the consistency of pasta, fish, chicken, or steamed vegetables. You may 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. **DO NOT** eat anything hard or crunchy or anything with seeds (e.g., lollies, chips, nuts, raw vegetables and berries.) Do not eat anything that can get lodged under the gum or get stuck between the teeth (e.g. meat).

SMOKERS/TOBACCO USERS WARNING

Tobacco has an enormous effect on your gums' health and the disease that we are treating. Tobacco is associated with an increased disease rate in terms of loss of the bone and gums that are holding your teeth in and an increase in the space between the gums and teeth. Tobacco is a significant factor for chronic gum disease.

Any smoking and chewing tobacco will harm your healing progress and cause gum disease to reoccur after treatment. If you smoke or chew tobacco, we highly recommend not to do so while you are healing or any time afterwards.

TIMELINE SUMMARY

1. Liquid diet for the first 3 days.
2. Mushy diet on days 4 to 10.
3. Soft diet from day 10 until your review appointment.
4. Use mouth rinse and saltwater rinses until the first review appointment (2 weeks post-therapy).
5. No brushing until the first review appointment (approx 2 weeks post therapy). Gentle brushing until 2nd review appointment.
6. No flossing until the first review appointment (approx 2 weeks post therapy). Gentle flossing until 2nd review appointment.
7. After your second review appointment (approx. 1-month post-therapy), resume your routine brushing, flossing and diet.