

LANAP Protocol What to Expect

What to Expect: Your LANAP Surgery

LANAP periodontal surgery is a full-mouth procedure usually completed in two 2-hour visits. We complete one side of the mouth during the first visit, and complete the other side on the second visit. Surgeries are usually scheduled within one week of one another. It is common to quickly return to work or other activities.

What to Expect: The First Few Days

You may experience mild aching, throbbing, and soreness of the treated areas for the first couple days—this can be helped with mild pain medications. The tissue around the teeth may appear discolored. 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. Smoking decreases results for all gum treatments, including LANAP.

What to Expect: Follow-up Care

As the gums heal, the teeth will shift, and your bite will need to be adjusted several times over the coming months. Splints may be fabricated to stabilize and immobilize the teeth. It is important that you wear these splints as instructed to promote healing. Expect to have your teeth professionally cleaned every three months for at least the first year, and then as recommended by your dentist.



LANAP Protocol

Surgery & Follow-up Treatment

LANAP Surgery 1

- Two-hour procedure on one half of mouth
- Ibuprofen 800 mg, three times per day for seven days
- No brushing, no flossing; use recommended rinse
- Liquid diet for three days
- No smoking!

LANAP Surgery 2

- Same as above, but opposite half of mouth

Post-op Visit Week 1

- Take impressions for bite splint(s)
- Splint loose teeth together
- Bite adjustment
- No brushing for 10 days
- No flossing or electric toothbrush
- Very soft “mushy” diet days three to ten

Post-op Visit Month 1

- Light cleaning/polishing
- Delivery of bite splint(s)
- Wear splints every night; wear during day when possible
- Bite adjustment
- Resume brushing & flossing
- Resume normal diet

Post-op Visit Month 2

- Light cleaning/polishing
- Bite adjustment
- Continue good brushing & flossing

Post-op Visit Month 3

- Checkup and cleaning
- Bite adjustment

Post-op Visit Month 6

- Checkup and cleaning
- Bite adjustment

Post-op Visit Month 9

- Checkup and cleaning
- Bite adjustment

12 Month Re-evaluation

- Full periodontal charting and X-rays
- Bite adjustment
- Assess need to re-treat any persistent or non-responsive areas
- Discuss direction of future treatment, including any recommended restorative, cosmetic, or orthodontic care