

## LANAP Program

### \_\_\_ LANAP (One side of mouth)

- Liquid/very soft diet for 3-7 days
- NO BRUSHING! - NO FLOSSING! - NO SMOKING!

### \_\_\_ LANAP (Other side of mouth)

- Same as above

### \_\_\_ 2 Week post-op visit

- Bite adjustment/assessment - Resume normal hygiene using only soft toothbrush on chewing surface.
- Soft “Mushy” foods still encouraged.

### \_\_\_ 6 Week post-op visit

- Bite adjustment/assessment - Light cleaning of superficial plaque and accumulation with hygienist.
- Flossing can be resumed at this time. - Normal diet can be resumed.

### \_\_\_ 3-month checkup and cleaning

- Can start using Waterpik at this time.

### \_\_\_ 6-month checkup and cleaning

### \_\_\_ 9-month checkup and cleaning

- Light probing (measuring) will be completed at this visit.

### \_\_\_ 12-month checkup and cleaning

- Normal probing (measuring pockets) will be completed.
- Evaluation with dentist

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Hello, and Welcome to Puget Sound Periodontics and Implant Dentistry. Since 2006 our team has proudly served the needs of our patients and over one hundred dentist that entrust their patient’s periodontal needs to our practice.

We are proud to offer a procedure like LANAP therapy to our patients who suffer from moderate to severe periodontitis. LANAP therapy is unique as it is minimally invasive, requiring no incisions, sutures and greatly reduced pain after treatment compared to traditional periodontal surgery.



Dr. Kevin Suzuki - Dr. Jessica Hsu - Dr. Jenna Cha - Dr. Thomas Kang - Dr. Gretchen Stern - Dr. Allen Liu - Dr. Jessica Hsu

### How Much Does It Cost?

The cost of your treatment will depend upon the severity and complexity of your condition. At your initial consultation, we can identify these factors, and give you an estimate of what your costs would be.

Should you decide LANAP is right for you, we will work with you to create a financial plan that is appropriate for you circumstances.





## What is gum Disease?

Gum disease begins when a film called plaque accumulates on the teeth. Certain strains of bacteria that live in this plaque damage gum tissue and bone. Your body tries to fight this infection with an inflammatory assault, sending white blood cells to the area to destroy the bacteria. This inflammation causes the tissue to bleed easily when you brush or floss. This stage of the condition is called **gingivitis**.

If the infection and inflammation persist, what results is a chronic inflammatory condition in which the gums and bone around the teeth are slowly destroyed. Many times, with no awareness or symptoms. At this stage, it is called **periodontitis**.

The biggest risk factors are ineffective home care and smoking. Periodontitis has been linked to an increased risk for heart disease, diabetes, and other serious medical conditions. In short, healthy gums are the gateway to a healthier body.

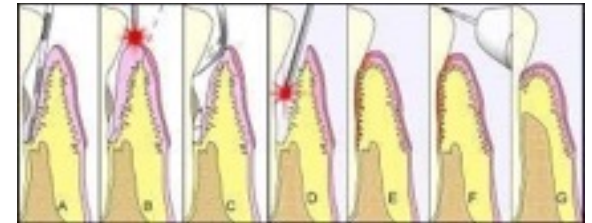
## Options and Alternatives

Gingivitis can be reversed with regular professional cleanings, and excellent home care including **daily flossing!** It is also important to eat healthy foods such as fresh fruits and vegetables. These types of food have important antioxidants and phytonutrients your body needs to remain healthy.

Once your condition has progressed to periodontitis, surgical intervention is usually necessary to eliminate the deep pockets which develop between the teeth and gums. If these pockets persist, they become “privileged sites” for bacteria to organize even more colonies.

Traditional gum surgery involves cutting away some of the gum tissue and reshaping the bone underneath. LNAAP is a progressive technique using a specialized laser to destroy the bacteria which cause disease and alter the tissue so that it has the opportunity to heal. The use of the laser is less invasive than traditional scalpel surgery, and results in a much faster and less painful recovery.

## How LANAP works



- A. Depth of pocket is measured under anesthesia.
- B. Laser selectively removes pocket lining.
- C. Ultrasonic instruments clean root surfaces.
- D. Laser disinfects pocket and seal the wound.
- E. Tissue is compressed against the tooth.
- F. Bite is adjusted through selective grinding.
- G. Healing results in new attachment.

## Your Surgical Visits

Usually, we treat one half of the mouth at a time. The surgical visits are ideally made **one to two weeks apart** and take about **two hours each** on average.

The mouth is numbed, just like if you're having a filling or crown done. Sedation is available if you prefer. The pockets are then measured while you are numb, so that more accurate measurements can be made without causing discomfort.

A first pass is made with the laser, giving the doctor access to the depth of the pockets and allowing better visualization of the roots of the teeth. Then the teeth are cleaned very thoroughly using ultrasonic instruments, which have tips that vibrate very quickly, loosening up any deposits on the teeth and flushing them away with an irrigating solution.

A second pass is made with the laser, disinfecting the pockets and sealing them up through the formation of a stable blood clot. The bite is then adjusted to minimize destructive, uneven clenching forces on the teeth.

## The First Few Days

Most people experience some mild soreness of the treated areas for the first few days. The tissue will appear discolored around the teeth, similar to what a scab looks like when you get it wet. It is very important **NOT** to brush or pick this away, as this fibrin barrier is what allows the gums underneath to get a head start creating a new attachment to the teeth.

Your Bite will feel different, as if the teeth don't touch together as heavily on the treated side. This can feel imbalanced at first, but the teeth will quickly adapt. After both sides have been treated, as further refinements are made, your bite should feel stronger and more stable than ever, and more comfortable.

## Continuing Follow-Up Care

As the gums heal, the teeth will shift and your bite will need to be adjusted several times over the first few weeks, even for the first year and beyond. Although it seems counter-intuitive, inadequate adjustments is what is usually responsible for the soreness or sensitivity following LANAP.

In some cases, we will take impressions to make splints which help stabilize and immobilize the teeth while you sleep. A bonding may be applied to your teeth to provide additional support as well. It is important to wear these splints, as we humans have a tendency to periodically clench our teeth and jaws during sleep. This clenching can produce extremely damaging forces which can delay or prevent healing.

Professional cleaning is recommended every three months for at least the first year, and re-evaluation of your condition will be done at the twelve-month visit. Most people with gum disease remain at risk for the rest of their lives and would benefit from having their teeth cleaned every three months indefinitely.