

LANAP/LAPIP Instructions for 1 week after Surgery

- Use the soft toothbrush in the area treated for at least two weeks – you may continue to use your regular toothbrush and floss everywhere else
- Discontinue the use of the Peroxyl mouth rinse unless instructed otherwise, but please **continue to do warm saltwater rinses** for 1 more week
- Avoid flossing in the treated area for 1 more week unless instructed otherwise
- Continue to eat soft food and chew on the side opposite of your surgery
- Avoid eating seeds, nuts, and popcorn for three more weeks