



MERIDIAN

ENDODONTICS, PERIODONTICS
& IMPLANT DENTISTRY

WHAT TO EXPECT WITH THE LANAP PROTOCOL

Our last blog post introduced you to the LANAP protocol, exploring what it is and when it's used. Now let's get into the nitty-gritty.

WHAT TO EXPECT BEFORE, DURING AND AFTER

As you know, the LANAP protocol is used for patients who have gum disease (Periodontitis). It's revolutionary because of its non-invasive nature and the ease with which people heal. Before the procedure, your dentist will conduct periodontal charting and take x-rays of your mouth to solidify a diagnosis and gauge the extent of the gum damage.

The procedure is typically a one-visit full mouth treatment, to optimize your outcome. In most cases, you can take all of your regular medications before your appointments, as the LANAP is non-invasive and uses a local anesthetic. Wear comfortable clothes, just because you'll be seated for a while.

Once you're ready to go, the procedure is pretty straightforward – and actually kind of cool! A laser fiber is inserted between the gums and the teeth, removing infection and disease without cutting your gums. Then, a laser using a different setting seals the pocket. You can drive to and from each appointment, so don't worry about securing a driver. If you prefer sedation, you will need a driver. Generally, the second appointment is scheduled two to three weeks after the first for a cleaning and review of important care instructions.



After the procedure, you can expect mild soreness that can typically be alleviated with over-the-counter medications like ibuprofen. We recommend a soft food diet for the first couple of weeks, but everyone is different, and some people are able to resume normal eating earlier. Just be sure to check with us before switching from soft foods. You'll want to refrain from smoking and/or vaping during the first couple of weeks of recovery, as it could harm the healing process.

THE FOLLOW UP

Any dental procedure can seem scary, but the LANAP protocol is easy, minimally painful and non-invasive. We're here to make sure your oral health is at its peak every day. Ready to schedule an appointment? Give us a call at (262) 327-6100.

Your dentist will follow up with you frequently over the first 18 months to 3 years after your procedure to check your progress and adjust your bite. This is perfectly normal, and the best way to make sure your healing is optimal and progressing perfectly!