

# LANAP Full Mouth 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
- 1 Week post-op visit**
  - Splint loose teeth together
  - Bite adjustment
  - NO brushing
  - NO flossing or electric toothbrush
  - Begin soft diet
- 1 Month post-op visit**
  - Light cleaning/polishing of teeth
  - Bite adjustment
  - Resume brushing and flossing
  - Impressions for bite splint(s)
  - Continue soft diet
- 2 Month post-op visit**
  - Light cleaning/polishing of teeth
  - Bite adjustment
  - Deliver bite splint(s)
  - Wear every night first 6 months
  - Resume normal diet
- 3 month checkup and cleaning**
- 6 month checkup and cleaning**
- 9 month checkup and cleaning**
- 1 year re-evaluation**
  - Full periodontal charting, x-rays
  - Assess need to retreat any persistent or nonresponsive areas
  - Discuss direction of future treatment, including any recommended restorative, cosmetic, or orthodontic care

**Marysville Office**  
202 East 5<sup>th</sup> Street  
Marysville, OH 43040  
937-642-3434

**Huntsville Office**  
7421 State Route 366  
Huntsville, OH 43324  
937-843-3932

**KENNEDYDENTALONLINE.COM**

# LANAP

**Laser Periodontal Therapy Program**



**Kennedy Dental**  
Gary Kennedy, DDS  
Larry Kennedy, DDS

# LANAP

Laser Assisted New Attachment Procedure

The LANAP protocol is the only full mouth laser gum disease treatment FDA cleared for True Regeneration. Simply put, the LANAP protocol can re-grow the tissues and bone lost to gum disease. Compared to traditional osseous surgery, patients say the LANAP protocol is:

- Less painful
- Less post-op sensitivity
- Less gum loss (gum recession)
- Very little downtime after treatment

## 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 foods have important anti-oxidants 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. LANAP 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 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 arrangement that is appropriate for your circumstances.

