

Post Laser Treatment Diet Instructions

- **The first three days** following Laser Therapy, follow **only** a liquid- like diet to allow healing. Anything that could be put into a blender to drink is ideal. The purpose of this is to protect the blood clot that is acting as a “Band-Aid” between the gums and the teeth. Do **not** drink through a straw, as this creates a vacuum in your mouth that can disturb the blood clot or “Band-Aid”. Take daily multi-vitamins.
- **Next seven days after treatment**, foods with a “mushy” consistency such as those listed below are recommended.
- **Starting at ten days after treatment**, soft foods may be allowable. The time to start on soft foods is dependent upon the loss of the white material that appeared around your teeth following laser treatment. You were introduced to this material by your doctor or doctor’s assistant during your follow-up visit immediately following your initial treatment session. It was explained to you that you must leave this material alone until it naturally heals and disappears. Once the white material has disappeared, then soft foods can be introduced. Soft foods have the consistency of pasta, fish, chicken or steamed vegetables. You may then gradually add back your regular diet choices.
- **Please remember** that even after ten days, healing is not complete. The first month following treatment you should continue to make smart food choices. Softer foods are better.

Mushy” Diet Suggestions

- **DAILY MULTI-VITAMINS!**
- **Anything put through a food blender**
- **Mashed Potatoes, Baked Potatoes – OK with butter/sour cream**
- **Mashed Banana or any mashed/blended fruit – no seeds**
- **Mashed Yams, Baked Sweet Potato or Butternut squash**
- **Creamy peanut butter without solid pieces**
- **Jell-O, Pudding, Ice Cream, Yogurt**
- **Milk shake/smoothies – no seeds or straws**

- **Mashed steamed vegetables**
- **Cottage cheese Cream or Soft cheese**
- **Broth or Creamed Soup**
- **Mashed Avocado, Applesauce**
- **Cream of wheat, Oatmeal, Malt O Meal**
- **Eggs any style, with or w/o melted cheese**
- **Omelets can have cheese and avocado**
- **Ensure, Slim Fast - nutritional drinks**