LANAP Treatment Sequence Full Mouth

Time Interval*	Time Needed	Procedure(s)	Patient Instructions
Initial Visit	1 hour +	Exam, Full X-Rays, Perio charting, Treatment Plan, Prescriptions, Paperwork	Meet with the treatment coordinator, apply for financing (if needed), complete paperwork, schedule treatment. Pre-payment 2 business days in advance of surgery appt.
START TREATMENT	2 -4 hours	LANAP, half mouth (left side or right side)	Liquid/very soft diet for 10-14 days. Take prescriptions as instructed. Chlorhexidine rinse 3x/day for 14 days. NO BRUSHING! NO FLOSSING! NO SMOKING!
1 week/Post-Op 1	2 -4 hours	Post-op, Occlusal adjustment LANAP, half mouth	Same as above. *receive 2nd bottle of Chlorhexidine rinse.
2 weeks /Post-Op 2	30 minutes	Post-op, Occlusal Adjustment Impressions for bite guard	Begin modified brushing. NO FLOSSING! NO ELECTRIC TB! Continue Soft Diet.
3 weeks /Post-Op 3	30 minutes	Post-op, Occlusal Adjustment (optional per Dr)	Same as above.
1 month/Post-Op 4	40 minutes 30 minutes	Supragingival polish Deliver bite guard	Resume normal brushing and flossing. Resume normal diet. Wear bite guard every night.

		Occlusal Adjustment	
3 months/Post-Op 5	1 hour	Prophylaxis/Cleaning Occlusal Adjustment	Follow hygienist homecare recommendations. Purchase additional mouth rinse if needed. BRING IN BITE GUARD TO APPT!
6 months /Post-Op 6	1 hour	Perio maintenance Occlusal Adjustment, Exam	Follow hygienist homecare recommendations. BRING IN BITE GUARD TO APPT!
9 months/Post-Op 7	1 hour	Perio maintenance Occlusal Adjustment	Follow hygienist homecare recommendations. BRING IN BITE GUARD TO APPT!
12 months/Post-Op 8	1 hour 1 hour	Perio maintenance Perio charting, X-Rays Occlusal Adjustment, Exam	Assess the need to retreat any non-responsive areas. BRING IN BITE GUARD TO APPT!
Q3 months	1 hour	Perio maintenance Occlusal Adj./Equil	3-month professional cleaning schedule needed to maintain healthy tissue/mouth.
Annually	1 hour	Perio charting, X-Rays	Assess the need to retreat any non-responsive areas.

*refers to amount of time since 'start treatment' date