



# LANAP<sup>®</sup>

*The new solution to an old problem*



## **LANAP<sup>®</sup>** Information Packet

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# What is LANAP?

## Laser Assisted New Attachment Procedure

**LANAP®** is the only predictable procedure that actually helps the bone supporting your teeth to regenerate. This laser-based approach to treating gum disease makes it easier for you to return your gums to full health. And the best part? It's far more comfortable than traditional surgery.

The **LANAP®** procedure (**L**aser-**A**ssisted **N**ew **A**ttachment **P**rocedure) utilizes safe and proven laser technology to gently remove harmful bacteria and diseased tissue from the gums. Through targeted removal of bacteria, laser-assisted periodontal surgery stimulates the body to heal naturally and stimulates regeneration of healthy gum tissue. With LANAP®, there is no cutting, no stitches, less pain, and a quicker, easier recovery.

### LANAP® Fact:

LANAP® surgery has absolutely **no contraindications**, so patients that are on medications, such as blood thinners, are able to have this procedure!

## What are the Benefits?

### Little Pain

The PerioLase® MVP-7 offers biostimulation which gives faster recuperation and also makes the need for postoperative pain drugs minimal.

### Minimal Downtime

The majority of individuals return back to their daily lives after the surgical procedure and back to eating and drinking regularly within a full week.

### Minimal to No Gum Line Removal

Because the technique only takes out diseased tissue, gum line recession is greatly reduced. This maintains the artistic look of a healthy smile.

### Regenerates Bone Tissue

LANAP® is the only standard protocol that is scientifically confirmed to regenerate bone as well as improve gum tissue around teeth.

### Sparing Teeth

Patients can keep their natural teeth, in most cases, compared to similar outcomes with traditional gum disease treatment procedures.

### Reduces Gum Swelling and Blood loss

LANAP® could clear away about 90% of periodontal inflammation after one visit. The PerioLase® MVP-7 destroys microbes without hurting healthy gum tissue.

### Minimal Bleeding

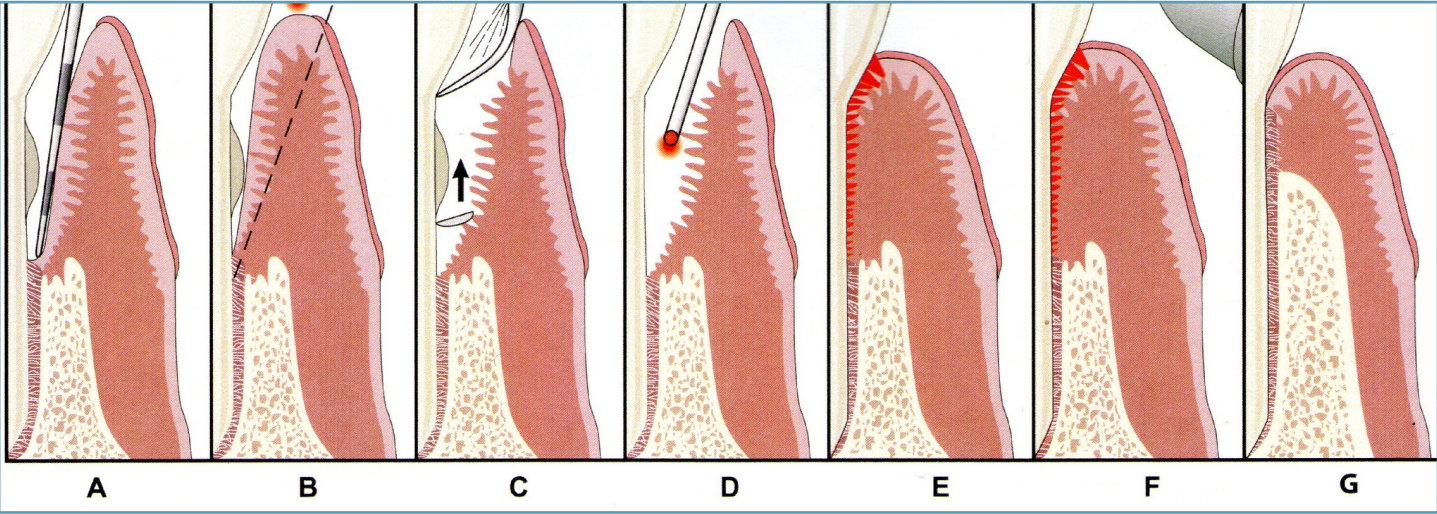
PerioLase® MVP-7 controls bleeding throughout the surgical procedure through the formation of normal forming blood clots, reducing risk of blood loss as well as other adverse problems.

### Faster Recovery

LANAP® procedure is minimally invasive, enabling the human body to recover quicker.



What are the steps for  
**LANAP Procedure?**



- A.** Perio probe indicates excessive pocket depth
- B.** Laser light removes bacteria and diseased tissue
- C.** Ultrasonic scaler and special hand instruments are used to remove root surface tartar.
- D.** Laser finishes cleaning the pocket and aids in sealing the pocket.
- E.** Bite is adjusted.
- F.** New attachment and bone growth to the clean root surface occurs.
- G.** Bone regeneration.



What are the differences between  
traditional periodontal surgery  
and **LANAP®**?

If you are in need of periodontal surgery, the choice between traditional surgical methods and laser periodontal treatments are very important. To select the best option for you, it is of vital importance that you understand the key differences between traditional periodontal surgery and LANAP®.

	Traditional Perio Surgery	With LANAP®
Patient does not need to be put to sleep	✗	✓
No scalpels used to intrusively cut gums	✗	✓
Preserves good, healthy tissue	✗	✓
Helps reattach gum to root without need for grafting	✗	✓
Preserves gum line height	✗	✓
Avoids need for extractions in most cases	✗	✓
Does not require invasive sutures	✗	✓
Prescription pain medicine not typically necessary	✗	✓
24 hour recovery time with minimal discomfort	✗	✓
Minimal time in-chair for procedure	✗	✓
98% of laser-treated patients remain stable after five years	✗	✓

# What to expect: the difference between Traditional and Laser

Operation time:	3.5 hours	Two 2 hour sessions
Post op diet:	2 weeks of soft food No spicy food	3-10 days of soft food no restrictions of diet
Activity	No physical activity for 2 weeks after operation	No restriction on activity
Procedure	Cutting and peeling gums, general anesthesia necessary	No invasive cutting necessary Patient does not need to be put to sleep
Healing	Sutures heal after 2 weeks Soreness and pain for 2 months post op Expect bruising in cheeks	No sutures Mild pain for up to 2 weeks  Expect slight discoloration of gums
Smoking/Alcohol	No smoking for 2 weeks No alcohol for 48 hours	No smoking for 7 days No alcohol for 24 hours
Brushing	No restriction on brushing	No brushing for 7-10 days after
Bone/Gum Healing	Standard healing: (potential long term damage to gum and bone)  Problems may reoccur after 4 years	FDA-Cleared for natural regeneration (complete regeneration after 14 months)  <b>98% of LANAP®</b> patients' gums remain stable after 5 years

## LANAP® Fact:

LANAP has received the world's *first and only FDA clearance* for tissue regeneration, by demonstrating that tissues lost to disease can be **fully regenerated!**

## after 14 months



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## Frequently asked Questions

### Is LANAP® an approved protocol?

LANAP® is the only FDA-cleared dental laser protocol available for gum disease. Its unique ability to destroy the gum bacteria while leaving healthy tissue untouched is backed by histological studies and scientific research.

### Who is a good patient for LANAP®?

Nearly one in two of every U.S. adult has some form of gum disease. Many are eligible for the LANAP® procedure, especially those with the following criteria:

- Patients that want to save their natural teeth
- Patients intolerant to periodontal therapy
- Patients with failing dental implants
- 5mm pockets and greater
- Isolated vertical defects
- Medically compromised patients
- Patients with high anxiety or a history of procrastination seeking treatment.

### How is this handled by my current insurance coverage?

The average cost per quadrant for LANAP® is about \$1500. Traditional periodontal surgery can actually end up costing more in the long (and even short) run. Many providers offer payment plans or participate with financing providers, such as CareCredit. And many insurance companies will actually cover the LANAP® procedure if coded properly by the provider.

## Are you worried your dental implants might be failing?

For many patients with dental implants, dental implant failures are becoming more common because of advanced periodontal disease.

Ask about LAPIP® (Laser Assisted Peri-Implantitis Procedure). The laser assisted way to help save your dental implants!

# FAQ Continued

## Is LANAP® painful?

LANAP® treatments offer significantly less pain and discomfort than what is typically associated with traditional cut and suture dental surgery. Patients experience little pain as the laser manipulates gums and removes bacteria and damaged tissue without invasive

cutting or sutures. The laser targets only bacteria and disease tissue, so healthy tissue is not adversely affected and largely pain-free. In fact, LANAP® has been shown to actually regenerate gum tissue and osseous bone (see next section for more information on LANAP® and True Regeneration™).

## Did you Know?

People diagnosed with periodontal disease had a **40% to 72%** increased risk of heart disease.

One of the ways to your heart is through your gums!

## What is innovative about LANAP®?

The LANAP® Laser Gum Disease Treatment utilizes the focused PerioLase® MVP-7 laser device to give a non-invasive therapy to eliminate periodontal disease.

The process uniquely targets and eliminates the bacteria that result in gum disease, clears away harmed periodontal tissue, and can help develop new attachment back to the tooth's bone support system. The LANAP® procedure manages gum disease surgery without the pain, gum tissue pocket recession, and nerve sensitivity typically related to periodontal procedures. Also, LANAP® provides predictable long-term benefits.

## Is laser dentistry more expensive?

In most cases, laser dentistry is similar or slightly more expensive than the cost of traditional periodontal surgery but it is dependent on the severity of the gum disease. Most doctors prefer laser surgery as it offers the patient a better experience. In some cases, laser dentistry is necessary for successful treatment. Additionally, laser dentistry has a higher long-term success rate, decreasing the likelihood of incurring additional costs from multiple treatments. Overall, the benefits far outweigh the costs.



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## What is Regeneration/ Biostimulation?



## LANAP® has been FDA-cleared to regenerate lost gum tissue and osseous bone

LANAP has received the world's first and only FDA clearance for tissue regeneration, by demonstrating that tissues lost to disease can be fully regenerated, including a return to functional health, without mutation, destruction of tissue or adverse side effects.



“Repair, for example, is **not** regeneration. Regeneration is return to normal architecture and functional health; repair is not. **True regeneration can be obtained** despite the presence of periodontal disease - one of the most stubborn, persistent, and widespread infectious diseases.”

-Surgeon General and the CDC 2010 NHANES report in the Journal of Dental Research on the prevalence of periodontal disease. U Dent Res 89(11 ): 1208-1213, 2010).

What is

# Regeneration/Biostimulation?

Also known as “low-level laser therapy,” laser biostimulation can be used by patients who desire minimally invasive ways to reduce pain and swelling of different conditions that arise over the course of one’s oral health. Laser biostimulation works by producing a beam of focused energy directed at an affected area in the patient’s mouth. This energy stimulates an affected area in the mouth and produces pain relief and/or accelerates healing. Typically, biostimulation is used after treatments and surgeries to address certain conditions and “side effects”. Some of these conditions are listed below.

- Pain relief for sore spots in your mouth
- Management of inflammatory and swelling of gums or areas in the mouth
- Reduction in pain from orthodontics (braces)
- Post-surgery pain relief
- Treatment of temporomandibular disorder



The true regeration after LANAP® allows for a stable recovery for many years after the operation.



# Treatment Plans

*What to expect after the operation*

Below is a sample treatment plan, your treatment plan may vary based on case severity and healing response.

**Post-Op Visit: Week 1**

- Bite adjustment and healing management
- No brushing
- No flossing or use of electric toothbrush
- Very soft ‘mushy’ diet days 3-10

**Post-Op Visit: Month 1**

- Light cleaning/polishing
- Wear splints every night; wear during day when possible
- Continued bite adjustments and healing management
- Resume brushing and flossing
- Resume normal diet

**Post-Op Visit: Month 1**

- Periodontal maintenance
- Bite adjustments and healing management

**Post-Op Visit: Month 7 & 10**

- Checkup and periodontal maintenance
- Continued bite adjustments and healing maintenance

**1 Year (13 month) Re-Evaluation**

- Full periodontal charting and X-rays
- Periodontal maintenance
- Bite adjustments and healing maintenance
- Impressions for LANAP guard
- Assess possible areas requiring re-treatment
- Discuss direction of future treatment, including any recommended restorative, cosmetic, or orthodontic care



*Need more information about LANAP®?*

**Contact Us!**

Ready to experience the benefits of  
laser gum disease therapy?

Schedule a consultation with our  
**LANAP®**-certified physicians today.



**Lightfoot**  
Center for Laser Periodontics

**Lightfoot Periodontal Center**  
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