

## Lanap Laser Gum Therapy vs. Conventional Gum Therapy

Werner Ford\*

Euro Akademie PoÄ neck, Germany

Accepted on 20th July, 2021

### Introduction

LANAP laser means Laser Assisted New Attachment Procedure, a procedure used to treat the gum diseases. So, it is done using a laser. Hence, it causes no pain without cutting and stitching thus it takes less healing time and highly comfortable for also dentist for clinical purposes. A specific laser Nd:YAG is used for the LANAP protocol. The basic idea of it is the transfer of the laser light energy into heat within the bacteria or the cells that are damaged.

Conventional Gum therapy or Periodontal Surgery or Traditional surgery is helpful to treat certain diseases of the gum and the caused conditions of the disease (gingivitis). This procedure helps to treat the area by re-growing damaged bones, to reduce the gap between the teeth which traditionally called as black triangles, also to cut off the bacteria and any infection present in those areas.

With the Conventional gum therapy, a lancet is used to prick the gums to expose the roots of the teeth and the jawbone. This helps the dentist to clean the dirt and grin from the roots and also see the bone that support the teeth. In case there are any defects in the bone, it is reshaped or a graft material is placed. Sometimes the gums may also be cut to achieve the accurate gum pocket which helps cleaning the patients gums effectively. In LANAP gum surgeries, there are no lancets used to flap the gums. Actually, the gums are not flapped of the teeth. In here, the laser is placed in between the teeth and the gums into the gums pocket. Thus, it removes the scar tissues and also

cleans the bacteria and also the roots are cleaned using an ultrasonic device. Then the same laser is used to seal back the gums to the roots. And to the advantage the body heals itself attaching the gum spaces to the roots eventually. There is quite a time difference in both the surgeries. It is also same for the recovery. The downtime for a LANAP patient is about 2days while for the Traditional surgery patient is around 3-4weeks. And also the pain caused and chances of infection due to LANAP are minimal compared to the conventional gum treatment.

The aftermath result of the conventional surgery gives healthier looking teeth but as they remove the gum tissue, there are chances that they become sensitive to the cold and hot temperatures. The roots are not as strong as the enamel of the teeth. As the roots are exposed there is a risk of cavity on the root areas. As the LANAP gum therapy do not remove the tissue, it helps quick healing of the gum thus resulting in less exposure of the roots promoting healthy cavities reducing any infection in the cavity. There takes two laser sittings in a gap of a week. Both the surgeries generally cost the same. LANAP and conventional gum surgery both reduce the risk of cavities for years time.

### \*Corresponding Author

Werner Ford

Euro Akademie PoÄ neck, Germany

mail: wernerr\_f@gmail.com