



Idaho Falls Oral & Facial Surgery
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Directions for Optimal Healing after Bone or Soft Tissue Grafting

Rest and Nutritious Foods: Resting and eating nutritious foods are essential for healing to begin and progressing normally. Soft foods are best to avoid injury to the surgical site. Keep food away from the surgical site. High calorie and high protein foods are ideal for the first few days. Drink extra non-carbonated fluids to avoid dehydration, especially the day of your surgery. Do not use a straw. Avoid hot foods while still numb from the anesthesia.

Control your Pain: Pain control is best obtained and maintained when you use your pain medicines prior to the local anesthesia wearing off. It is wise to eat some food prior to the taking this medicine as well. Take your medicine on a scheduled basis the first day-every four to six hours. You should realize that no pain medicine removes your pain sensation completely but lessens it so as to be tolerable. You may also use Ibuprofen as a second pain medicine. Follow the Ibuprofen label directions. Do not take extra Tylenol, it is already mixed with your narcotic pain medication. If adequate pain control isn't obtained please call us.

Cleaning Your Mouth: Oral hygiene may begin the morning after your surgery. Gently clean your teeth with a soft bristled tooth brush and tooth paste. Do not brush the surgical site, only the teeth next to it. You should be very gentle but thorough on the teeth next to the surgical site. If you are prescribed Peridex use it gently. Avoid ultrasonic or power brushes for the first week after surgery.

Antibiotic Mouth Rinse: If you are prescribed Chlorhexidine Gluconate, commonly called Peridex, you should begin using it the morning after surgery following gently cleaning your teeth. Very gently rinse it around your mouth and spit it out carefully. This will need to be done each morning and at bedtime for 7-10 days. Never rinse your mouth with Hydrogen Peroxide.

The Do Nots: Keep your finger out of your mouth. There is no need to be touching or feeling the surgical site. Keep your tongue away as well. The tension and pressure from fingers and /or the tongue can disrupt the healing process and may affect the desired outcome. Never rinse your mouth with Hydrogen Peroxide or mouthwash like Listerine or Scope. All three of these will hurt the healing tissue and besides that they cause increased pain.