



TRUSSVILLE DENTISTRY  
WES LATIMER, DDS

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## **CARE OF DENTAL IMPLANTS, BONE GRAFTS, AND SOFT TISSUE GRAFTS**

- Eat soft foods for 2 weeks, avoiding chewing on the area of our mouth that had surgery. Avoid spicy foods or foods with small particles that could get stuck in the healing area (ex: fruit seeds)
- Do not touch or look at the surgical site for the first 5 days. Bone and soft tissue grafting is very delicate early in the process, frequently looking at the area puts stress on your lips and soft tissue which can disturb healing.
- Use the prescription Chlorhexidine rinse 2 times per day for 14 days or until your follow-up appointment, whichever is longer. You should only use the prescription rinse or saltwater rinses. DO NOT use any other type of mouth rinses.
- Brush your natural teeth with a soft or extra soft childrens toothbrush as close as you comfortably can to the surgical area. Do not worry if it is too uncomfortable to brush the area that had surgery. The prescription rinse will keep the stitches and neighboring teeth clean enough until it becomes more healed over the first 2 weeks to resume brushing and the stitches fall out or are removed by Dr. Latimer.
- Apply ice to the area 20 minutes on, 10 minutes off for the first 3-6 hours after you leave.
- Keep your activity level low for the first 2-3 days
- Keep your head elevated when sleeping to reduce swelling. Try not to sleep on the side of your face that had surgery.
- Some bleeding is common during the first day, consider sleeping with a towel over your pillow, or an old pillowcase on your pillow.
- Swelling will typically be the worst on the third day, and be almost gone by 7 days.
- You will be seen for a follow-up in 2-3 weeks, please call the office if this was not scheduled before you left.

Call the office with any questions you may have 205-661-2201