

Many times, due to the extent of a procedure or due to a pathologic lesion, including deeply impacted teeth, osteopenia, or osteoporosis, you may be at a relatively higher risk for fracture of the jawbone. The risk is different in each patient. In your case, we consider it to be above average and some normal activities or normally innocuous mishaps may cause fracture of the jawbone.

Care should be taken not to traumatize the jawbone.

1. Diet

A “dental soft” diet is required for three (3) months. Dental soft diets are diets that include pureed foods and some easily chewed foods, such as, well cooked vegetables, noodles, chili, etc. If you can pinch through it with your fingers it is dental soft. Gentle biting forces will actually stimulate bone growth and movement in the joint keeps it working normally. Avoid anything that you have to chew with force.

2. Sports Activities

Avoid any activities that may cause pushing, bumping, or knocking of the jawbone. This might include wrestling, boxing, martial arts, football, high diving, gymnastics, basketball, or any activity that might expose you to being hit in the jaw with an elbow or flying object for three (3) months.

3. Healing

Healing will occur over a two (2) year period of time where the new bone will grow into the defect site and then be replaced by mature bone. At the ten (10) day post operative appointment, the bone will be at its weakest state. It will then steadily improve in strength until the three (3) month period, at which time it will have almost 100% strength. From the three (3) month period until the two (2) year period, there will be changes in the bone, however, these will not be noticeable.

4. Fractures

The most common way someone fractures their jawbone after it has been weakened by surgery or pathology, is by biting on something that is hard or tough. This occurrence peaks ten (10) days after the surgery. The most common foods to cause fractures tend to be chicken fingers and bagels.

5. Immobilizing the Jaw

If a jaw fracture occurs, a surgery will be required to fix the fracture, usually using internal titanium plates.