



Oral Heat Therapy (Thermo-Hydrotherapy)

Heat Therapy

Liquid heat therapy is a *complementary* therapy that is highly effective for the following:

1. Promotion of healing after oral surgery
2. For the treatment of infections
3. Prevention of infections during wound healing after surgery

How does it work?:

Heat creates higher tissue temperatures, which produces [vasodilation](#) that increases the supply of oxygen, nutrients, immune factors, antibiotics, and the elimination of carbon dioxide and metabolic waste

1. Increased local circulation allows antibiotics and the immune system to work more effectively
2. Promotes proper drainage of stagnant old blood after surgery.
3. Local heat promotes proper drainage of infection if infection is present. Drainage is key to successful resolution of infections.
4. Increases local circulation and allows antibiotics and the immune system to work more effectively

How to do heat therapy:

1. Gently rinse the inside of the mouth with warm-hot Saline (1/2 Teaspoon of salt to a 12 oz glass of warm water). Do this several times a day for one week after surgery. The more frequently the better. Take care to not burn yourself
2. Drink hot teas (preferably herbal) and gently circulate the tea in the mouth before swallowing,
3. Do this several times a day for one week after surgery or as prescribed. The more frequently the better.

More information: Heat therapy and Hydrotherapy have been used therapeutically for millennia

References:

Sitz Bath: https://en.wikipedia.org/wiki/Sitz_bath

Hydrotherapy: <https://en.wikipedia.org/wiki/Hydrotherapy>

Heat Therapy: https://en.wikipedia.org/wiki/Heat_therapy