

# ORTHOGNATHIC UPPER JAW SURGERY

## Antibiotics:

- If you have been prescribed an antibiotic, take it as directed until they are all gone unless specifically asked to stop. If you are experiencing any adverse reactions, please call immediately.

## Pain and Swelling:

- For moderate-severe pain, you can use the prescribed narcotics. These should not be taken on an empty stomach as they can cause nausea/vomiting. They may also cause drowsiness and constipation. Do not drive while medicated. For constipation, you can buy over-the-counter Colace/Docusate Sodium or a stool softener.
- Pain and swelling are usually maximum at 48-72 hours postoperative. After that period pain should continue to decrease and you can use either Tylenol or Ibuprofen for mild-moderate pain.
- You can also apply ice to the face frequently for the first 2 days postoperative to decrease swelling and improve comfort. Use the ice packs 20 minutes on/ 20 minutes off or alternate from side to side every 20 minutes. Swelling can be reduced by sleeping in a semi-upright position in bed. Using two pillows is usually adequate for this. The swelling will not reach its maximum until 2-3 days post-operatively
- Heat helps to minimize the swelling after 48 hours. Heating instructions are printed on the back of the gel pack. If you were not given a gel pack you can use a warm moist towel or a cloth-covered heating pad. Apply heat 20 mins on and 20 mins off to help minimize swelling and soothe tender areas.

## Nausea:

- This is usually due to swallowing a small amount of blood during and/or after surgery. A small amount of carbonated drink, such as 7-Up or ginger ale, every hour for 5 or 6 hours will usually relieve this feeling.
- Sometimes pain medications can cause nausea. If your nausea is persistent, please call our office.

## Oral Hygiene:

- It is important to maintain good oral hygiene postoperatively to prevent postoperative infection as well as dental decay and/or gum disease.
- Please rinse with chlorhexidine or Peridex rinse twice a day. Do not eat or drink for one-half hour after rinsing.
- Perform warm water rinses regularly after eating. Wait one hour after the chlorhexidine rinse before beginning salt water rinses.
- Brush your teeth regularly.
- Use the curved irrigation syringe provided, starting on day 2, to aid in the removal of food debris.
- You may use a water-pik device for oral cleaning if you own one, once cleared by the surgeon. However, this is not necessary.
- No flossing. Because flossing may not be possible it is important to rinse and brush as mentioned above.
- Electric and manual toothbrushes are acceptable for postoperative dental care.

**Diet:**

- Blenderized diet for 4 weeks.
- It is critical after surgery that you remain on a blenderized diet (non-chewing) for 4 weeks. All foods with a consistency harder than apple sauce must be placed in a blender before eating. After 4 weeks advance to soft food diet for 2 weeks for a total of 6 weeks to avoid strenuous chewing.
- Avoid fat-free foods for optimum nutrition and to avoid weight loss.
- Anything (even pizza and meats) that can be liquified in a blender will help in the dietary intake. Additional dietary supplements may include Carnation Instant Breakfast, Ensure, etc.
- No straws until cleared by the surgeon.

**Activity:**

- After surgery you may not participate in strenuous physical activity or any activity that may result in trauma to the face for at least six weeks postoperatively.
- No strenuous running, weight lifting, etc.
- No contact sports.

**Sinus Precautions:**

You have undergone an operation involving the upper jaw you must remain on sinus precautions for at least 3 weeks:

- No smoking
- No nose blowing
- No closed nose or close mouth sneezing. If you must sneeze, sneeze with your mouth open to avoid a buildup of pressure in your sinus.
- No straws
- No flying, swimming, or scuba diving

Slight bleeding from the nose is not uncommon for 2-3 days after surgery.

**Additional Information:**

If orthodontic bands are placed and happen to break, attempt to change if able or they can be left off until your post-operative appointment.

**DO NOT SMOKE.** Smoking post-operatively may lead to the following:

- Malunion of reduced bone and/or intraoral wounds
- Delayed wound healing
- Infection
- Necrosis of the bone, leading to resection or removal of bone
- Additional surgeries
- Increased postoperative pain

**Please contact our office at 701-478-4404 with any questions or concerns.**