

# GENIOPLASTY

## **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 minutes on and 20 minutes off to help minimize swelling and soothe tender areas.

## **Chin Support Stocking:**

- This must remain in place for 5 days post-operatively. It is okay to remove the stocking to clean it and for showering.

## **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.

**Additional Information:**

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.**