

ORTHOGNATHIC LOWER 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 minutes on and 20 minutes 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 four to six 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 diet to soft foods 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 incisions heal.

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.
- No flying, swimming, or scuba diving

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.