

## ORTHOGNATHIC POST-OPERATIVE INSTRUCTIONS

### Oral Hygiene:

It is important to maintain good oral hygiene to prevent post-operative infections as well as dental decay and/or gum disease. You may not feel like brushing your teeth the first couple days, so it is important to use the prescribed mouth rinse as soon as you can.

- Please rinse with the prescribed Chlorhexidine or Peridex twice a day, starting the day after surgery. Do not eat or drink for 30 minutes after rinsing.
- Perform warm salt water rinses regularly, after eating, approximately 3-4 times per day. Wait one hour after using the prescription rinse before beginning salt-water rinses.
- Brush your teeth regularly as soon as you feel up to it. After your doctor allows, you may remove any elastics in place in order to thoroughly brush but be sure to replace them as instructed after brushing if they are in place.
- You may use a Water-Pik device to help with oral cleaning. However, it is not necessary.

### Activity:

After surgery, you may not participate in any strenuous physical activity or any activity that may result in trauma to the face until otherwise instructed by your surgeon.

- No strenuous running, weight lifting, etc.
- No contact sports.
- Stay inclined in a lazy boy position for the first few days.

### Diet:

It is critical after surgery that you remain on a blender zed diet (non-chewing). All foods with consistency harder than applesauce must be placed in a blender prior to eating until otherwise instructed by your surgeon. You have been given a syringe to insert food between your upper and lower front teeth or posterior molars if you cannot open wide enough. If you attempt to eat ANY solid food during the first few weeks of surgery, you could break free the hardware that was placed (which means another surgery to replace!). Please stick to the diet as instructed by your Doctor.

It is also critical that you stay hydrated and keep your intake of calories up. Lots of water, protein shakes, power aide, gator aide, smoothies, or anything that can be liquified. A squeeze water bottle is advised to use to frequently insert liquids easily. It is important that you do not lose more than 5 lbs. during the course of your post-operative care. Think of food as fuel! Try to limit large amounts of caffeine intake because that could possibly cause dehydration while taking your medications. Also, please do not use a straw for x2 weeks after surgery.

### Antibiotics:

If you have been prescribed antibiotics, it is very important that you take it as directed until the prescription is complete or until otherwise instructed by your surgery team. It is always good to take a probiotic while taking an antibiotic as they can upset your stomach.

**Pain, swelling, nausea:**

The first 24 hrs. will be the worst for pain, you can use the narcotics as prescribed along with the anti-nausea medications. These should not be taken on an empty stomach as they can cause nausea/vomiting. A small amount of flat 7-up or Ginger ale may help as well. They may also cause drowsiness and constipation. Do not drive while medicated. For constipation, you can buy over-the-counter stool softener. Pain and swelling are usually the highest at 48-72 hours postoperative. After that period, pain should continue to decrease. Take the anti-nausea medication first, then the pain medication. Pain medications as well as possibly swallowing a small amount of blood during surgery may make you feel nauseated. It is important to take the anti-nausea medications along with the pain medications to prevent this. A small amount of ginger ale or 7-up may help. Remember to stay hydrated and you do NOT have to take the prescribed narcotic pain medication if you do not want to.

You will be given a jaw bra with ice packs to help with the pain and swelling. You can apply ice to the face frequently for the first 2-3 days postoperatively to decrease swelling and improve comfort. Use the ice packs 20mins on/20mins off. Sleep in a semi-upright position, preferably in a recliner, for the first few days; elevating your head above your heart as this will reduce bleeding and swelling. If you lay completely flat after surgery, this will significantly increase the swelling.

**Sinus Precautions (Maxillary arch only):**

Please attempt to sneeze with your mouth open. Do not try and hold the sneeze in but let it out naturally to avoid an increase in pressure. Please use the saline nasal spray we have given you, as directed. It is not uncommon to have post-operative nose bleeds. Place a piece of gauze with tape under nose if needed. Darker colored blood is normal, brighter colored is not. Please follow the next few advisories until your Doctor instructs otherwise.

- No smoking.
- No nose blowing.
- No straws.
- No flying or swimming
- Open mouth sneezes.

**Please contact the office any time for the following problems:**

- Uncontrolled bleeding or pain.
- Numbness from the local anesthetic lasting longer than 6 hours after surgery.
- Elevated temperature (>100.5 F).
- Swelling that begins or increases several days after surgery. (It starts to get better but then gets worse!).
- Inability to open mouth persisting beyond 7 days.
- Persistent irritation at the IV site.
- Any adverse reaction to taking your prescribed medications.
- A bad taste in your mouth that started several days following surgery.

**We are available and happy to answer any questions that you may have during regular business hours, but if you have an emergent question after business hours, we do have an after-hours call service that will direct you with the on-call doctor. This is simply our office phone number (907) 222-5052. If you feel that you are having a life-threatening emergency, please call 911 immediately for assistance.**

Phone 907.222.5052 | Fax 907.222.5051

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