

1. Swelling and Bruising

Post operative swelling and bruising should be expected for approximately two weeks. Your head should be elevated and cold compresses should be applied around the jaws, nose, and eyes. Residual bruising may be noticeable for several weeks. **If you experience severe swelling or changes in vision, call the office immediately.**

2. Activity

Sit up or lay in a semi-reclined position. Elevate the head of your bed 30 degrees. **No strenuous activity, straining, or bending for 72 hours.** Increase activity as tolerated with no heavy exercise for two weeks. Do not smoke or drink alcohol for 30 days following surgery. Avoid excessive physical activities that raise the blood pressure, such as jogging, swimming, or weight lifting for the first several weeks after surgery. Avoid activities that cause pounding or jarring.

3. Fever

If a temperature above 101.5 occurs, please call the office.

4. Baseline Pain

Unless you are allergic to or otherwise cannot take Ibuprofen or Tylenol (acetaminophen), please start taking the following:

800mg of Ibuprofen and 500mg of Tylenol every 8 hours for 4 days.

- You will receive a prescription for Ibuprofen
- Extra Strength Tylenol (500 mg) may be purchased over-the-counter

Breakthrough pain: you may take additional Tylenol, not to exceed 4000mg in one day. You may substitute Hydrocodone (which contains 325mg of Tylenol) for Tylenol.

After day 4: you may take over-the-counter Ibuprofen and Tylenol.

- We recommend no more than 2400mg of Ibuprofen in a day, if taking it for extended periods after post operative day 4.
- We recommend no more than 2000mg of Tylenol in a day, if taking it for extended periods after post operative day 4.

If pain is exceeding the recommended regimen, contact the office.

5. Nausea

Nausea is a normal side effect of narcotic pain medications. If you have severe nausea or vomiting, you should discontinue

the narcotic pain medication and call the office.

6. Diet

Eat something when you feel ready. **No chewing.** Your diet is to be **pureed** (mashed potato consistency or softer). Start with cool liquids. Have dietary supplements ready (Ensure, Boost, etc.). Eat with a straw or drink your meal.

7. Washing

If you have incisions on the skin, then do not get the surgical site wet for 24 hours after surgery. Later, you may let water run over the area for brief periods. Do not soak. Do not let shower water spray directly onto the surgical site.

8. Wound Care

Use saline nasal spray at least 4 times a day to keep the nostrils clear. Use rinse as directed. Rinse with salt water rinse at least 3 times a day. Start rinsing gently then rinse more vigorously after 2 days. After 7 days, you should rinse with full force. Brush teeth 3 times a day. Facial sutures (if any) should be left open to air after the first few days. Use a small amount (very thin coat) of Polysporin to the facial wounds 2 times a day. If there is an increasing area of redness and itching, you may be developing an allergic reaction to the Polysporin, so please call the office.

9. Cleanliness and Healing

The incision will heal better if it is carefully kept clean during the healing period. Oral sutures dissolve in two weeks. Brush teeth and gently rinse starting the day following surgery. In the beginning, do not swish the mouth rinse too hard. After one week, start gently running your fingertip along the incisions to massage them.

10. Bleeding

Active bleeding can be controlled by some simple measures. Keep head elevated. Stay calm and relaxed. For nasal bleeding, use Neo-Syneprine (phenylephrine) or Afrin (oxymetazoline) nasal spray.

11. Nose Blowing

No nose blowing. You may gently "sniff in". Use the saline spray often. Only use the Afrin for nose bleeds.

12. Smoking

Cease all use of tobacco for 6 weeks prior and 6 months after surgery. Failure to do so may have serious negative effects on the success of the surgery.

13. Sleeping

Be careful not to put pressure on the area during sleep. The changes in the position of the bones need time to heal.

14. Elastics

Elastics (rubber bands) will be placed. An elastics pattern may be given for you to follow. Keep the elastics on 24 hours a day except for meals, cleaning the mouth, and jaw exercises, which should be done 3 times a day. Replace the same elastics in the prescribed manner. Elastics may be reused until they appear worn or stretched, at which time, they should be discarded and replaced with new ones.

15. TMJ Exercises

Each time you take off the elastics, you should do jaw opening exercises. Open your jaw straight open and move the chin side to side. Move the jaw straight forward. Do these exercises 3 times a day. Eventually your goal will be to open enough to fit 3 of your fingers stacked between your incisor teeth.

16. Facial Exercises

Especially when having upper jaw surgery, the muscles of facial expression will not work well and a lot of swelling will accumulate in the upper lip. Do smiling exercises 3 times a day after surgery.

17. Sutures

Sutures inside your mouth will dissolve in approximately 1.5 weeks. If they are falling loose, they may be trimmed, but do not try to remove them before one week has passed. If small incisions were made on the face, those sutures should be removed between 5-7 days after the surgery. A small amount of triple antibiotic ointment should be applied 2 times a day to the facial incisions.

Patient Name: _____

Ride Signature: _____

Next dose of Ibuprofen with Tylenol:
