

Post-Operative Instructions for Orthognathic and Fracture Surgeries:

ACTIVITY:

- Rest, as much as possible for the next 24 hours. Avoid lying flat for the remainder of the day.
- Sleep with your head elevated for the next 4 days.
- Avoid strenuous activity for the next 4 days.
- A follow-up appointment will be scheduled 3-4 weeks after your surgery.
- If you had IV sedation, DO NOT drive, operate heavy equipment, use power tools, or sign legal documents for the next 24 hours

BLEEDING:

- Some oozing is normal for the first 24 hours. You should expect to see some bloody saliva over the next several days.

STITCHES:

- Stitches may be in place. They will eventually come out on their own within 7 to 14 days.
- Do not pick or pull at anything in the mouth, if the stitches are bothering you call the office.

SWELLING:

- You can expect swelling for the next 3 to 4 days. The swelling will be the worst on days 2 and 3 and should start to gradually get better.
- You should keep an ice pack on the side of the face as much as you can for the next 24 hours. Place it on one side for 30 minutes and then switch to the other side. Do not ice while sleeping.
- After 36 hours, switch to moist heat.
- If you have dentures or a prosthesis in place, do not remove it as it helps to reduce the swelling.

PAIN:

- It is normal for pain to get worse over the next couple of days. Most discomfort is seen on day 2 and 3.
- Start taking the Ibuprofen/Acetaminophen. Repeat the Ibuprofen/Acetaminophen every 6 hours for the next 3 to 4 days. This will help to decrease pain as well as swelling.
- For more severe pain, add the narcotic pain medicine in between doses of the Ibuprofen/Acetaminophen.
- Do not take the Ibuprofen/Acetaminophen and the narcotic pain medicine at the same time because this will likely make you sick. You should alternate the narcotic and Ibuprofen/Acetaminophen every 3 hours. Always take your medication with food; taking pain medication on an empty stomach can make you sick.
- Do not drive or operate machinery while taking narcotic pain medication.

DIET:

- Eat cold & soft foods the day of surgery (pudding, milkshakes, applesauce, yogurt, etc)
- Drink as much clear fluids and water as possible.
- Refer to the "[Dinner through a Straw](#)" booklet for NON-CHEW diet instructions and recipes.
- Foods like luke-warm soup, mashed potatoes, yogurt, pudding, etc. keep your calorie intake up to promote healing. Boost, Ensure or Carnation Instant Breakfast are nutritious and will help keep your energy up as well.
- Avoid hot foods or liquids for the first 24 hours. This may aggravate bleeding and can burn you while your mouth is numb.
- Do not smoke.
- Do not consume alcoholic beverages for 24 hours following surgery or while taking pain medication.

ORAL HYGIENE:

- Try not to disturb the surgical area today. Do not rinse your mouth or brush your teeth today.
- Starting tomorrow, rinse with the antibiotic mouth rinse 3 to 4 times a day for the next week.
- Starting tomorrow, gently brush teeth, unless the doctor has instructed otherwise.
- Do not vigorously rinse, swish, or spit.

We will loan you a pair of wire cutters and you will be given instructions on what to do in case of an emergency

IF AN ANTIBIOTIC MEDICATION WAS PRESCRIBED MAKE SURE TO TAKE IT AS DIRECTED UNTIL COMPLETED.

If you have questions or concerns please call our office: 775.237.2038