



ADVANCED AESTHETIC CENTER FOR
ORAL AND MAXILLOFACIAL SURGERY

GUIDELINES FOR PATIENTS IN MAXILLOMANDIBULAR FIXATION (MMF)

(WIRED JAWS)

TEL: (954) 659-9990

INSTRUCTIONS

WE URGE YOU TO FOLLOW THE ADVICE BELOW VERY CAREFULLY IN ORDER TO MAXIMIZE THE BENEFIT OF YOUR SURGICAL OUTCOME AND RECUPERATE AS QUICKLY AS POSSIBLE WITH THE LEAST AMOUNT OF DIFFICULTY.

DIET:

YOU HAVE RECENTLY UNDERGONE THE APPLICATION OF MAXILLOMANDIBULAR FIXATION (MMF) OR WIRING OF YOUR JAW TO ALLOW HEALING OF THE BONES AND SOFT TISSUES INVOLVED WITH YOUR SURGICAL PROCEDURE. IF ADEQUATE NUTRITION IS NOT MAINTAINED DURING YOUR HEALING PHASE, YOUR BODY WILL RESPOND BY BREAKING DOWN MUSCLE AND FAT TO PROVIDE THE BUILDING BLOCKS FOR TISSUE REPAIR. THIS PUTS A STRAIN ON MANY OF YOUR BODY'S SYSTEMS AND IS NOT CONDUCTIVE TO FAST RECOVERY. PLEASE AVOID ALCOHOLIC BEVERAGES WHILE IN MMF FIXATION. IF YOU ARE INTOXICATED, YOU ARE MUCH MORE PRONE TO NAUSEA AND VOMITING AND MUCH MORE LIKELY TO SUFFER SEVERE OR EVEN LIFE THREATENING COMPLICATIONS OF ASPIRATING VOMITUS INTO YOUR LUNGS. **DO NOT USE ALCOHOL.**

YOU WILL BE GIVEN A **WIRED JAW KIT** WITH A RECIPE BOOKLET TO HELP YOU COOK ITEMS WHICH ARE NUTRITIOUS AND EASILY EDIBLE THROUGH YOUR WIRES. THE KIT ALSO CONTAINS A LARGE BORE SYRINGE WITH PLIABLE CATHETERS TO HELP YOU WITH THE DELIVERY OF THE FOOD.

ADEQUATE NUTRITION AND MINIMIZING WEIGHT LOSS CAN BE ACCOMPLISHED BY A FEW SIMPLE GUIDELINES. ANY OF THE COMMERCIALY AVAILABLE FOOD BLENDERS WILL LIQUEFY MOST OF THE FOODS IN YOUR NORMAL DIET OR MANY MAY BE MASHED UP ON YOUR PLATE WITH A FORK. THIS CAN BE FACILITATED BY ADDING WARM MILK OR WARM WATER TO THE SELECTED FOOD. CARNATION® INSTANT BREAKFAST OR MANY SIMILAR SUPPLEMENTARY PRODUCTS LIKE ENSURE® OR BOOST® ARE AVAILABLE AT THE GROCERY STORE, PROVIDE AN EXCELLENT SOURCE OF SUPPLEMENTAL CALORIES AND PROTEINS AND COME IN A VARIETY OF FLAVORS.

WHILE IN MMF, YOU WILL FIND THAT SIX (6) TO EIGHT (8) SMALL MEALS ARE MUCH MORE EASILY CONSUMED THAN THREE LARGER MEALS PER DAY. CONSTIPATION OR DIARRHEA CAN BE A COMPLICATING FACTOR WHILE ON A HIGH CALORIE, HIGH PROTEIN LIQUID DIET AND SHOULD BE MENTIONED TO THE DOCTOR ON YOUR RETURN VISITS TO THE OFFICE. WEIGHT LOSS SHOULD NOT EXCEED 8 - 10 LBS. DURING THE FIRST TWO (2) TO THREE (3) WEEKS OF MMF, AND THIS SHOULD BE GAINED BACK DURING THE ENSUING HEALING PHASE. WEIGHT YOURSELF REGULARLY

ORAL HYGIENE:

MAINTAINING A STRICT ORAL HYGIENE DURING MMF IS DIFFICULT BUT NECESSARY FOR GOOD HEALING. A FEW TIPS MAY BE HELPFUL. USE A SMALL, SOFT BRISTLED TOOTHBRUSH AND

ALWAYS BRUSH IN FRONT OF A MIRROR, MAKING SURE THAT THE WIRES, ARCH BARS, AND PLASTIC WAFER/SPLINT (IF YOU HAVE ONE) ARE CLEAN AND SHINY. USE A TEASPOON OR WOOD TONGUE DEPRESSOR TO GENTLY HOLD YOUR CHEEK OUT SO THAT YOU CAN VISUALIZE ALL THE WAY TO THE BACK, MAKING SURE THESE AREAS ARE FREE OF FOOD, DEBRIS AND PLAQUE. GENTLY RINSING WITH WARM TAP WATER OR A MILD SALT SOLUTION, (1/2) HALF A TEASPOON PER EIGHT (8) OZ. WATER, WILL HELP IN REDUCING ACCUMULATIONS BETWEEN BRUSHING. PLEASE AVOID THE USE OF A WATER-PIK® FOR THE TWO WEEKS IMMEDIATELY FOLLOWING YOUR SURGERY AS THE POWERFUL STREAM OF WATER GENERATED CAN INTERRUPT INCISION LINES; AND NEVER USE AT SETTING ABOVE "0" OR THE LOWEST SETTING. AFTER TWO (2) WEEKS COMMERCIAL ORAL RINSES LIKE SCOPE® AND LISTERINE® CAN BE USED.

ACTIVITY WHILE IN MMF:

ACTIVITIES SUCH AS SWIMMING, BOATING, TENNIS, JOGGING, SOCCER, RACQUET BALL, BASKETBALL, WRESTLING, WEIGHT LIFTING, OR FOOTBALL SHOULD BE AVOIDED. ANY OTHER ACTIVITY WHICH COULD INVOLVE A BLOW TO THE FACE OR HEAD SHOULD ALSO BE AVOIDED. ALSO ANY STRENUOUS ACTIVITY WHICH CAUSES A SIGNIFICANT INCREASE IN YOUR HEART RATE OR MAKES YOU FEEL AS IF YOU ARE AIR HUNGRY SHOULD NOT BE PARTICIPATED IN. SLOW, DELIBERATE CALISTHENICS CAN MAINTAIN MUSCLE TONE WITHOUT DETRIMENT TO YOUR SURGICAL PROCEDURE IF THE ABOVE GUIDELINES ARE FOLLOWED.

WIRES:

THERE ARE WIRES RUNNING UP AND DOWN FROM THE UPPER AND LOWER ARCH BARS. YOU SHOULD BE AWARE OF THE CORRECT WAY TO CUT THE WIRES HOLDING YOUR JAWS TOGETHER. USE REGULAR HOME DEPOT® TYPE WIRE CUTTERS. CUT THE WIRES ONLY FOR THREATENING OR IMPENDING AIRWAY PROBLEMS. MAINTAIN WIRE CUTTER ON YOU AT ALL TIMES. THIS IS PRIMARILY IN CASE OF AN EMERGENCY SHOULD YOU BE INVOLVED IN AN ACCIDENT OR BECOME UNCONSCIOUS AND REQUIRE ASSISTANCE WITH YOUR AIRWAY. CUTTING YOUR WIRES UNNECESSARILY COULD OTHERWISE EXTEND THE TIME YOUR JAWS MUST BE WIRED, SEVERELY COMPROMISE YOUR HEALING, SURGICAL RESULTS, OR REQUIRE ANOTHER TRIP TO THE OPERATING ROOM TO REPLACE THE WIRES AND REPOSITION THE JAWS. YOUR FRIENDS AND FAMILY NEED TO KNOW HOW TO CUT THESE ALSO. **CONTACT OUR OFFICE IMMEDIATELY IF YOUR WIRES HAVE BEEN CUT; THEY WILL HAVE TO BE REPLACED!**

FOR NAUSEA AND VOMITING, AS UNPLEASANT AS IT MAY SOUND, WHAT GOES IN WILL COME OUT THE SAME WAY. KEEP YOUR HEAD DOWN AND TRY TO REMAIN CALM. CLEAN YOUR MOUTH AFTER THE VOMITING EPISODE IS OVER.

I UNDERSTAND THE ABOVE INSTRUCTIONS AND AGREE TO COMPLY WITH THESE INSTRUCTIONS. I ALSO UNDERSTAND THAT NOT FOLLOWING THESE GUIDELINES CAN DELAY AND/OR ADVERSELY AFFECT MY FINAL TREATMENT OUTCOME.

SIGNATURE

DATE