



ADVANCED AESTHETIC CENTER FOR
ORAL AND MAXILLOFACIAL SURGERY

POSTOPERATIVE PATIENT INSTRUCTIONS FOLLOWING CORRECTIVE JAW SURGERY

(ORTHOGNATHIC SURGERY)

(954) 659-9990

WE GREATLY APPRECIATE THE CONFIDENCE YOU HAVE SHOWN IN US BY ALLOWING US TO ASSIST YOU IN IMPROVING YOUR APPEARANCE, FUNCTION AND HEALTH. YOU MAY BE ASSURED OF OUR STRONG COMMITMENT TO HELPING YOU ACHIEVE THE BEST SURGICAL RESULT POSSIBLE.

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.

INSTRUCTIONS

1. TAKE THE MEDICINES DR. DÍAZ HAS PRESCRIBED; THESE ARE TO PREVENT INFECTION, HELP ALLEVIATE PAIN AND DIMINISH SWELLING. THE DOCTOR MAY ALSO PRESCRIBE MEDICINE FOR NAUSEA AND VOMITING SINCE VOMITING AFTER SURGERY MAY PROVOKE BLEEDING AND PROLONG THE HEALING PERIOD. PLEASE CALL OUR OFFICE **AS SOON AS POSSIBLE** IF YOU HAVE MULTIPLE EPISODES OF NAUSEA, HEAVING AND/OR VOMITING.
2. YOU MAY DEVELOP A MILD FEVER THE NIGHT OF SURGERY OR THE FOLLOWING DAY. TAKE ONLY TYLENOL® IF YOU NEED TO, AND AVOID AND FEVER RELIEVING AGENTS THAT CONTAIN ASPIRIN OR HAVE ANTIINFLAMMATORY ACTIVITY PROPERTIES LIKE ALEVE® OR MOTRIN®; THESE MAY CAUSE MORE BLEEDING.
3. REFRAIN FROM USE OF ASPIRIN AND ASPIRIN - CONTAINING PRODUCTS, FISH OIL, OMEGA 3-6-9 FATTY ACIDS, VITAMIN E, GARLIC OR GINKO BILOBA FOR TWO (2) WEEKS. A LIST OF PRODUCTS MEDICATIONS AND DRUGS SHOULD HAVE BEEN GIVEN TO YOU WHICH YOU WILL NEED TO AVOID DURING THIS PERIOD OF TIME. ASK FOR THE LIST IF YOU DID NOT RECEIVE IT AT YOUR PRESURGICAL VISIT.
4. SLEEP WITH THE HEAD ELEVATED FOR THE FIRST 24 HOURS WITH SEVERAL PILLOWS UP ON A CHAIR. PLACE ICE ON YOUR FACE FOR 20 MINUTES ON/OFF DURING THE FIRST 48 HOURS. A FACIAL ICE WRAP WILL BE PROVIDED WHICH HELPS WITH THE ICE USAGE. AFTER THE FIRST TWO (2) DAYS YOU NEED TO SWITCH THE ICE TO HEAT, ALSO USING THE FACIAL WRAP PACKS. THESE CAN BE HEATED IN THE MICROWAVE.
5. LEAVE ON THE FACIAL DRESSING THE DOCTOR PLACED AROUND YOUR FACE AND HEAD, IF ANY WAS PLACED, UNTIL THE DOCTOR SEES YOU AGAIN. THIS FACIAL DRESSING WILL FEEL TIGHT, AND IT IS MEANT TO BE VERY TIGHT. GENERALLY, THIS APPOINTMENT WILL BE THE FOLLOWING DAY. THE DOCTOR WILL CHANGE YOUR FACIAL/NECK DRESSING AT THE FIRST FOLLOW-UP APPOINTMENT TO ONE WHICH IS SIGNIFICANTLY MORE COMFORTABLE.
6. THE WOUNDS MAY OOZE FOR THE FIRST 24 - 48 HOURS AFTER SURGERY. THE OOZING FLUID WILL HAVE A BLOOD TINGE TO IT; THIS IS NORMAL. YOU MAY ALSO HAVE SOME DRY BLOOD.
7. PATIENTS WITH SUTURES ON THE SKIN OF THE FACE NEED TO AVOID WASHING THEIR HAIR FOR AT LEAST 24 HOURS AFTER SURGERY.
8. THE STITCHES (SUTURES) MAY CAUSE SOME DISCOMFORT OR PAIN. THE SUTURES WILL BE REMOVED AROUND DAY 5 OR 6 AFTER SURGERY. THE DOCTOR WILL INFORM YOU EXACTLY WHEN THESE WILL BE REMOVED.

9. YOU MAY SHOWER THE EVENING OF THE FOLLOWING DAY AFTER SURGERY AND SHAMPOO YOUR HAIR. PLEASE HAVE SOMEONE ELSE ASSIST YOU WITH BATHING. PLEASE DO NOT RUB THE WOUNDS, PLACE MAKE-UP OR PULL ON THE STITCHES. DAB YOUR WOUNDS.
10. CLEAN THE SKIN WOUNDS TWICE DAILY WITH A SOLUTION OF 1:1 RATIO OF WATER TO HYDROGEN PEROXIDE GENTLY WITH COTTON APPLICATORS (Q-TIPS®) TO REMOVE DRY BLOOD FOR THE FIRST FOUR (4) DAYS MAKING SURE NOT TO DISRUPT THE WOUND. APPLY THE OINTMENT PRESCRIBED SPARINGLY TWICE DAILY TO THE INCISION LINES IN ORDER TO AVOID EXCESSIVE CRUSTING OF THE INCISIONS AND TO ACCELERATE THE REDUCTION OF INCISION REDNESS. AFTER TWO (2) DAYS, CONTINUE TO KEEP INCISION SITE FREE OF A SCAB WITH PEROXIDE. CLEANING AS NEEDED. DO NOT APPLY ANY OTHER OINTMENT OR MEDICATIONS UNLESS WE PRESCRIBE IT. PLACE GAUZE OVER THE WOUNDS TO COVER THEM FOR THE FIRST TWO (2) DAYS.
11. KEEP NOSE AND LIPS CLEAN BY APPLYING PEROXIDE TO A GAUZE OR Q-TIP® TO CLEAN AWAY ANY DRIED BLOOD OR MUCOUS. **DO NOT BLOW YOUR NOSE!** DO NOT CLEAN INTO NOSTRIL ANY DEEPER THAN ¼ INCH. LIGHTLY COAT OUTER NOSTRILS WITH ANTIBIOTIC OINTMENT TO KEEP OPEN AND CLEAN. LIGHTLY COAT LIPS WITH LUBRICANT LIKE BLISTEX® TO AVOID CRACKING AND SORENESS.
12. PATIENTS WHO HAVE HAD UPPER JAW RECONSTRUCTION NEED TO USE NASAL DECONGESTANT AND/OR SPRAY AS PRESCRIBED FOR 7-10 DAYS.
13. YOU MIGHT HAVE A PLASTIC SURGICAL SPLINT WIRED TO YOUR UPPER JAW. THIS WILL REMAIN IN YOUR MOUTH FOR AT LEAST A WEEK. YOU MAY ALSO HAVE YOUR JAWS WIRED AFTER SURGERY. THE DOCTOR WILL LET YOU KNOW HOW LONG YOU WILL BE WIRED FOR.
14. YOU MAY EAT A **NON CHEWING DIET** IF YOU ARE NOT WIRED SHUT. THAT IS, YOU ARE **NOT ALLOWED TO CHEW ANYTHING** UNTIL THE DOCTOR TELLS YOU MAY DO SO. IF YOU ARE WIRED SHUT, YOU WILL BE GIVEN A WIRED JAW KIT TO HELP YOU WITH YOUR MOUTH CARE.
15. PLEASE BRUSH WITH TOOTHPASTE ALL HARD SURFACES; TEETH, WIRES, SURGICAL SPLINT, AT LEAST AFTER EACH MEAL OR FOR A MINIMUM OF THREE (3) TIMES A DAY. RINSE WITH WARM SALT WATER 3 - 4 TIMES A DAY FOR 2-3 WEEKS. **REMEMBER - GOOD ORAL HYGIENE = INCREASED COMFORT!**
16. **ABSOLUTELY NO SMOKING.** AVOID EXTREME PHYSICAL ACTIVITY, STRAINING, EXERCISES, OR EXERTION FOR AT LEAST TWO (2) WEEKS.
17. REST MORE THAN YOU USUALLY DO. AVOID EXCESS OF PROLONGED TELEPHONE CONVERSATIONS AND SOCIAL ACTIVITIES FOR AT LEAST 7 - 8 DAYS. IN MODERATION, TALKING AND SMILING ARE PERFECTLY ACCEPTABLE. AVOID PROLONGED EXPOSURE TO EXTREMELY HOT OR COLD TEMPERATURES. THE DOCTOR WILL INFORM YOU WHEN YOU CAN START EXERCISING, PERFORM HEAVY ACTIVITY AND RETURN TO WORK.
18. YOU WILL FEEL SOME NUMBNESS ON THE SKIN OVER SEVERAL AREAS OF YOUR FACE AFTER SURGERY. THIS IS GENERALLY VERY COMMON AND WILL MOST LIKELY RETURN TO A NORMAL FEELING IN SEVERAL WEEKS.
19. THERE ARE NO SILLY QUESTIONS AND NO QUESTIONS THAT YOU MAY HAVE SHOULD GO UNANSWERED. **PLEASE ASK** IF YOU HAVE ANY QUESTIONS. DO NOT TAKE ANY CHANCES! IF YOU ARE CONCERNED ABOUT ANYTHING YOU CONSIDER SIGNIFICANT, CALL US.