

## **Post Op Trauma/Reconstructive Jaw Surgery**

1. Take the medication that we have prescribed to you, as directed on the label.
2. Do not plan on returning to work or school for at least one week after you have come home.
3. If you are in fixation (mouth wired closed), do not try to open your mouth. Also, do not remove any elastics. If elastics break, call the office to make an appointment to have them replaced.
4. If breathing becomes difficult, use a spoon or your finger to gently pull your cheek away from your teeth. You should then be able to breathe easier through your mouth.
5. Use a vaporizer to make breathing easier.
6. Drink small amounts of liquids frequently. Refer to the "What Can I Eat Now" booklet for further diet suggestions.
7. Do not use a toothbrush as this will cause the elastics to break. You may use a waterpik set at the lowest setting. Direct the water at your teeth, not the incision line.
8. Rinse your mouth at least 8-10 times a day with warm salt water, diluted mouth wash, or diluted hydrogen peroxide. If you are using a waterpik, you may use diluted hydrogen peroxide, diluted mouth wash or plain water. Do not put salt in the waterpik.
9. Use a heating pad or hot water bottle on your face for 15-20 minutes at a time. This will help to reduce any swelling.
10. Do not blow your nose for 3-4 weeks after surgery (if surgery was done on your upper jaw).
11. Do not smoke for at least 3 weeks after surgery.
12. Keep you lips moist with Vaseline. This will prevent cracking.
13. Speak slowly, concentrating on each word. Soon you will be easily understood.
14. You may do anything you like as your energy level permits. Avoid activities that may injure your jaws.
15. There are no restrictions on showers or baths.
16. If you have any questions, please call the office.