



Surgical Information: **After Orthognathic Surgery**

After Orthognathic Surgery Home Care Instructions

- Use medications as instructed but none are absolutely necessary.
- Sleeping with the head elevated for the first 48 hours after surgery will reduce facial swelling.
- Ice packs may be helpful for the first 48 hours.
- Your jaws will have light elastics to guide you into your new bite. Do not worry if they break prior to your first appointment. We will instruct you on placement and give you new elastics at your first post-op appointment. You can remove them if absolutely necessary.
- Nasal congestion is a normal immediate post operative result of surgery. Use a cool humid air mister to help reduce this congestion. Over-the-counter decongestants can be used but try and limit their use for only a few days.

Diet

Liquids are the most important during the initial post-operative period. Begin with clear liquids and advance as tolerated. Try to have multiple “meals” throughout the day. It will be easier to intake the fluids or pureed food in smaller amounts several times a day. Soft foods can be introduced in 7-10 days.

Home Care

The best way to take care of your surgery is to keep it as clean as possible. Try and use a small soft toothbrush and toothpaste and keep the teeth and orthodontic appliances shining. Brush after every meal. A Water Pik is okay after the first week, but the stream should be directed at the teeth only, not at the gums or the incisions.

Depression

You may feel sad following the procedure. This is a temporary depression which can be brought on by the stress of surgery or some of the medicines used during or following the surgery.

Exercise

The best way to get better fast is to do light exercise the day after surgery. Start out with a slow, short walk of a block or two. Increase the distance as you get stronger. This will increase ventilation in your lungs, reduce swelling and lift your spirits.

Elastics

You must wear elastics according to the doctor's recommendation. This will enable your jaws to fit together properly. Failure to do so could cause a poor result.

Medical Emergencies

- If you vomit when your teeth are closed together with elastics, usually it is not a problem because you have only ingested liquids. However, if you must removed the elastics.
- Every patient will have mild oozing of blood and saliva after surgery. Severe bleeding may occur after surgery which needs to be dealt with immediately. Direct external pressure and ice packs over the site stops most bleeding. Use of gauze packing is also recommended. If you are still concerned contact our office or go to the emergency room.
- Moderate to severe facial swelling is normal following jaw surgery. Bruising will also follow the swelling and will become a variety of colors. If swelling subsides and then returns this may suggest an infection so please contact our office.