



### 1. SWELLING AND BRUISING:

Post-operative swelling and bruising should be expected for approximately two weeks. To reduce this condition, your head should be elevated and cold compresses should be applied around the jaws, nose and eyes. Residual bruising may be noticeable for several weeks. **If you experience severe swelling or changes in vision call me immediately.**

### 2. ACTIVITY:

Sit up or semi-recline. Elevate the head of your bed 30 degrees. **No strenuous activity, straining or bending over for 72 hours.** Increase activity as tolerated with no heavy exercise for two weeks. Do not smoke or drink alcohol for 30 days following surgery. Avoid excessive physical activities that raise the blood pressure, such as jogging, swimming, weight lifting and bending for the first several weeks after surgery. **No Nose Blowing!** Avoid activities that cause pounding or jarring.

### 3. FEVER:

If a temperature above 100.5 occurs contact my office.

### 4. PAIN:

Some discomfort is normal following surgery. If pain medication is prescribed, take only as directed. **Do not drive while using narcotic pain medications.** Often it is beneficial to take the medication after eating to help prevent nausea.

### 5. DIET:

Eat something when you feel ready. Your diet is to be PUREED (Mashed potatoes consistency or softer). Start with cool liquids at first. Have some dietary supplements ready such as Carnation Instant Breakfast, Ensure, Sustical, Boost, etc.

### 6. WASHING:

If you have incisions on the skin then do not get surgical site wet for 24 hours after surgery. Later you may let water run over the area for brief periods. Do not soak. Do not let shower spray directly onto surgical site.

### 7. WOUND CARE:

Use saline nasal spray at least four times a day to keep the nostrils clear. Use rinse as directed. Rinse with Salt water rinse at least 3 times a day. Start rinsing gently then rinse more vigorously after 2 days. After 7 days you should rinse with full force. Brush teeth 3 times a day. Facial sutures (if any) should be left open to air after the first few days. Use a small amount (very thin coat) of Polysporin to the facial wounds twice a day. If there is an increasing area of redness and itching then call Dr. Reynolds/Dr. Auble, you may be developing an allergic reaction to the Polysporin. The sutures should be removed in 5-7 days.

### 8. CLEANLINESS AND HEALING:

The incision will heal better if it is carefully kept clean during the healing period. **Oral** sutures dissolve in two weeks. Brush the teeth and gently rinse starting the next day after surgery. In the beginning don't swish the mouth rinse too hard. After one week start gently running your fingertip along the incisions to massage them.

### 9. INJECTION SITE:

After having intravenous anesthesia, the arm vein may become hardened and tender. Apply moist heat over the area for one hour three times a day for three days. Contact me if there is no improvement

### 10. NAUSEA:

Nausea is a normal side effect of narcotic pain medications. If you have nausea or vomiting you may need to stop the pain medications or to take an additional anti-nausea medication. It is better for you take the extra medication when you feel the first signs of nausea than to wait until you vomit.

### 11. BLEEDING:

Active bleeding can be controlled by some simple measures. Keep head elevated. Stay calm and relaxed. For nasal bleeding use Neo-Synephrine (phenylephrine) or Afrin (Oxymetazoline) nasal spray. Be patient.

**12. NO NOSE BLOWING:**

You may gently sniff in. Use the saline nasal spray often. Only use the Afrin for nose bleeds.

**13. SMOKING:**

Cease all use of tobacco for 6 weeks prior to and 6 months after surgery. Failure to do so may have serious negative effects on the success of the surgery.

**14. SLEEPING:**

Be careful not to put pressure on the area during sleep the changes in position of the bones need time to heal before they will be stable.

**15. ANTIBIOTICS AND CONTRACEPTION:**

Contraceptives may be ineffective while taking an antibiotic. Use extra protection

**16. Elastics:**

Elastics (rubber bands) will be placed. An elastics pattern may be given to you to follow. Keep the elastics on 24 hours a day except for removal for meals cleaning the mouth and jaw exercises which should be done three times a day. Replace the same elastics in the prescribed manner. Elastics may be reused until they appear worn or stretched at which time they should be discarded and new ones used.

**17. Eating:**

Do not chew. Your diet is puréed. When you take off the elastics that does not mean you can chew. Eat with a spoon a straw or simply drink.

**18. TMJ Exercises:**

Each time you take off the elastics you should do jaw opening exercises. Open your jaw straight open move the chin side to side. Move the jaw straight forward. Do these exercises three times a day. Eventually your goal will be to open enough to fit three of your fingers stacked between your incisor teeth.

**19. Facial Exercises:**

Especially when having upper jaw surgery the muscles of facial expression will not work well and a lot of swelling will accumulate in the upper lip. Do smiling exercises three times a day after the surgery.

**20. Sutures:**

Sutures inside your mouth will dissolve in approximately one and a half weeks. If they are falling loose they may be trimmed but do not try to remove them before one week has passed. If small incisions were made on the face those sutures should be removed between five and seven days after the surgery. A small amount of triple antibiotic ointment should be applied twice a day to those facial incisions.

**21. Ibuprofen:**

Ibuprofen is the active ingredient in Motrin and Advil and is an anti-inflammatory drug. It would be beneficial to start taking some ibuprofen as necessary for pain. This will help with the TMJ joint inflammation and general pain control. Take 800mg (4) 200mg tablets every eight hours unless you have gastritis stomach ulcers or are on Coumadin/Warfarin.