



## Orthognathic Surgery Instructions

### Oral Care

Oral hygiene is very important while your jaws are in orthodontics. Keeping your mouth and teeth clean will help you heal better and reduce the chances of developing infections or cavities.

- Brush your teeth with a soft bristled toothbrush (child size works well). Use a circular motion and angle the brush at 45 degrees toward the gum line. ( A motorized toothbrush works the best)
- Rinse your mouth with a solution of warm salt water (1 teaspoon salt in one 8 oz glass of warm water.) Oral rinsing should be done after every meal.
- Avoid the use of mouthwashes except if prescribed by your surgeon.
- Use Aquaphor or Vaseline to avoid dry, cracked lips.
- If you have irritating wires, use orthodontic wax (available at HEB) to the end of wires (wax should be removed before and after eating and brushing teeth).
- Keep your skin clean by using only soap and water to wash face. Do not use alcohol or peroxide to clean skin.
- Apply topical antibiotics to any wounds (Neosporin, bacitracin).
- Do not smoke! Smoking dries and irritates oral mucosa.
- Avoid alcohol which can cause nausea and dehydration.

### Diet

You can reduce the risk of dehydration and keep secretions thin by drinking at least ten 8 oz glasses of fluids a day.

- Drink a minimum of 8 glasses of water a day.
- Eat a high protein, high calorie blended soft or liquid diet. Calorie and protein supplements can be used. Drink Ensure, Carnation, or Boost. Add protein powders. Protein powder can be purchased at GNC and most supermarkets. Increased protein intake after surgery is vital for maintaining the body's protective systems and for building healthy new tissue.
- Eat soft foods. Mashed potatoes, blended soups, soft vegetables, pasta etc.
- Eat a lot of snacks. Juices, smoothies, puddings, yogurt etc.
- Using a straw is okay.

### Activity

Do not participate in sports or strenuous activities or return to strenuous work until permitted by your surgeon.

- Pain medications may cause alterations of visual perception--(Blurred Vision) and impair judgment.
- A side effect of pain medication is constipation. This can be alleviated by getting out of bed, adequate fluid intake, moving around and taking stool softeners if needed.

### Numbness

Numbness in the lower jaw and chin is common after lower jaw surgery and in the upper jaw along the nose and lip following an upper jaw surgery. Numbness takes months to improve.

- Avoid excessive hot, cold or sharp items to prevent injury to the area.

### Swelling

You may have moderate swelling which will gradually subside.

- Sleep with head elevated on two pillows.
- Use ice packs on your face 20 minutes on and 20 minutes off for 2-3 days immediately following surgery to help decrease swelling.

If you have any questions or concerns after hours please call our office at 210-444-9312 and follow the instructions.

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