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POSTOPERATIVE ORDERS JAW Surgery

AFTER YOU LEAVE:

- **About your medications:**
 - Take all your medicine as directed. If you feel it is not helping, call your
 - Doctor. Do not quit taking it unless instructed or you have a reaction.
 - Keep track of what medications you are taking and when you are taking them.
 - If you are taking antibiotics, take them until they are all gone, even if you feel better.
 - If you are taking medications, which make you drowsy, do not drive or use heavy machinery.

- **Follow-up appointment.**
 - If you have not been given a follow-up appointment, please call the office at 916) 941-9860

- **DO - Post operative instructions.**
 - Ice the surgical area for the first twenty four to forty eight hours after surgery.
 - Place it on the surgical area for 15 to 20 minutes every hour, as you need it.
 - Place the ice in a plastic bag and cover it with a towel. Do not sleep with the, ice pack in place. Ice helps with the swelling and bruising.
 - After the first twenty-four hours you can place moist heat to the surgical area.
 - Remember your face is numb; do not place excessively hot or cold items directly on your skin!
 - ** If you have remaining teeth, do brush your teeth gently with a soft toothbrush three times a day. Good dental hygiene is necessary to decrease the chance for infection.
 - ** After you brush, use the chlorhexidine gluconate mouthwash three times a day.
 - ** Use warm salt water rinses 6 - 10 times a day.
 - ** You can use a cool mist humidifier to help you breath easier.
 - ** Sleep with your head elevated on 3 to 4 pillows.
 - ** Shower as usual.
 - ** Be very careful shaving your face since areas are numb.
 - ** If your implant screws become exposed please clean gently with a soft Q-tip.

- **Postoperative diet**
 - ** You are on a liquid no chew diet for two to four weeks depending on your surgical procedure. DO NOT CHEW.
 - ** Eat several times a day. Postoperative healing depends on good nutrition.
 - DO NOT ATTEMPT A WEIGHT LOSS PLAN. Vitamins are encouraged.
 - ** You will receive a dietary consult prior to discharge. **over**
- **DO NOT - Postoperative instructions:**
 - DO NOT lift anything heavy or do strong exercise until your doctor says it is okay.
 - DO NOT participate in contact sports such as football or basketball for at least one month postoperatively.
 - DO NOT use a water pick for the first two weeks or when indicated by your surgeon.
 - DO NOT blow your nose if you have bonegrafts placed in your sinus(es).
- **CALL HEAD AND NECK SURGERY if**
 - ** You develop problems.
 - ** Bleeding is bright cherry red and is more than when you went home.
 - ** You have any concerns about your surgical procedure or healing process.
 - ** You have difficulty breathing.
 - ** You have a reaction to your medications.
 - ** You have a sudden increase in your temperature.
 - ** You have a sudden increase in facial swelling.