

AFTER ORTHOGNATHIC SURGERY

Orthognathic surgery is a corrective procedure that realigns the jaw and the teeth, and it can dramatically improve your ability to chew, speak, and breathe. It may also improve your appearance. Here are some general post-operative instructions for patients who have undergone orthognathic surgery. However, please note that these instructions are general in nature, and specific care should be discussed with your surgeon or medical professional, who will provide instructions tailored to your particular case.

DIET:

- Immediate Post-Op: Start with a liquid diet and gradually move to soft foods as directed by your surgeon.
- Avoid Hard or Crunchy Foods: These can disturb the healing process.
- Stay Hydrated: Drink plenty of fluids but avoid using straws as the suction can affect healing.

ORAL HYGIENE:

- Avoid Brushing: At least for the first day or as instructed by your surgeon.
- Rinse Gently: Use a mild saltwater solution to rinse your mouth.
- Avoid Tobacco and Alcohol: Both can slow down the healing process.

PAIN MANAGEMENT:

- Medications: Take pain medication as prescribed by your healthcare provider.
- Ice Packs: Applying ice packs can reduce swelling and discomfort.

SWELLING AND BRUISING:

- Expect Swelling: This is normal and often peaks around the second or third day.
- Use Cold Compresses: During the first 48 hours to minimize swelling.
- Use Warm Compresses: After the first 48 hours to aid in reducing swelling and bruising.

ACTIVITY:

- Rest: Avoid strenuous activity for at least a few weeks or as directed by your healthcare provider.
- Avoid Blowing Your Nose: This can create pressure in the healing areas.

FOLLOW-UP APPOINTMENTS:

- Attend All Appointments: These are essential for monitoring your progress.
- Contact Your Surgeon if Issues Arise: Such as increased pain, swelling, bleeding, fever, or any other unusual symptoms.

WIRED JAW (IF APPLICABLE):

- Follow Special Dietary Guidelines: Your surgeon will provide these if your jaw is wired shut.
- Communication: Consider carrying a card or a note on your phone explaining your situation, as speaking may be difficult.

EMOTIONAL WELL-BEING:

- Be Patient with Recovery: Healing takes time, and you may also need to adjust to changes in your appearance.

OTHER CONSIDERATIONS:

- Medication Management: Take all prescribed antibiotics or other medications as directed.
- Sleep with Head Elevated: To help reduce swelling.

Remember, these are general guidelines, and individual cases may vary significantly. Always follow the specific instructions provided by your surgeon or healthcare provider for the best and safest recovery.