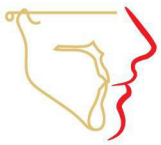


# Post operative care information - Major Jaw surgery



Phone (Mon-Fri 9am - 5pm): **08 8223 7277**  
 Paging service (After hours): **08 8378 1762**

## Your post operative appointments:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## What to expect at these appointments:

- Check with Dr Baba to assess healing and alignment
- Photos taken with nurse
- Clean with nurse
- Elastics changed with doctor and nurse

All appointments are at: 86 King William Road,  
 GOODWOOD SA 5034

## Bleeding

You should expect some mouth bleeding immediately after the surgery. While you are in hospital the medical staff will manage with with mouth packs. There may be small amounts of bleeding occasionally for the next few weeks, especially after cleaning your mouth. If bleeding continues use the gauze provided and position over the site.

If you had **upper jaw surgery**, some nasal bleeding may occur and at times nasal packs are required. This bleeding will cause nasal stuffiness & crusting.

It is important to avoid swallowing any blood as this can make you feel sick and even vomit.



## Swelling

Swelling is a normal response to jaw surgery. Expect it around the mouth, cheeks, eyes and sides of the face. It usually reaches its maximum 2-3 days after the surgery.

During your hospital stay, the nurse will help you manage your facial swelling. When you return home continue to rest and keep your head elevated. When awake regularly suck ice chips gently and use the ice pack sling supplied by the hospital, changing the ice packs every 30 minutes.



## Pain

To prevent pain, usually non-prescription analgesics taken regularly for the first 3-4 days is all that is required. If this approach doesn't control your pain, you can in addition take your prescription analgesics as directed. If this still doesn't control your pain, please notify us.

The best combination is:

**1. Paracetamol 500mg** (Panadol, Panamax) 1-2 tablets four times a day (maximum 8 tablets per day)

+

**2. Ibuprofen 200mg** (Nurofen, Brufen) 1-2 tablets three times a day (maximum 6 tablets per day)

OR  
 combination  
 analgesics  
 such as:

**Maxigesic:** Paracetamol 500mg + Ibuprofen 150mg. 1-2 tablets three times a day (maximum 8 tablets per day)

**Nuromol:** Paracetamol 500mg + Ibuprofen 200mg. 1-2 tablets three times a day (maximum 8 tablets per day)

## If you ...

are already taking pain relief medication or any of the analgesics don't agree with you causing an allergic reaction, notify us straight away. It is also essential not to take any recreational drugs or alcohol whilst taking prescription medication.

## Cleaning

There are two steps you must follow in cleaning your mouth post surgery.

1. Gently brush your teeth with a soft toothbrush and toothpaste.
2. Using warm salt water, Curasept mouthrinse or Cepacol mouthrinse, gently rinse your mouth for 30 seconds.



*Cleaning of the mouth and surgery site is essential and should be done 3-4 times a day. A guideline for this could be morning, midday and night.*

## Diet

For the first 6 weeks of your recovery it is important to continue with a soft diet. After which you can return to your normal diet.

Please see a list below of suggestions for your soft diet:

- Scrambled eggs
- Smoothies (water or juice based)
- Porridge
- Yoghurt
- Soups
- Fish
- Shredded/pulled meat (chicken, pork, beef)
- Mash/pureed/steamed vegetables (potato, pumpkin, carrot etc)
- Overcooked pasta



## Elastics

In some cases, elastics are used and placed in strategic sites on your braces to guide and align the jaw movement after surgery. The elastics at this stage are kept in place, even while eating and cleaning your mouth.

*If the elastics are dislodged, you should contact us on **08 8223 7277** straight away.*

## Numbness

Immediately after the surgery your mouth & lips are predominately numb, due to injections into your mouth during the operation to reduce the amount of general anaesthetic agents used, and to stop the pain both during & for some time after the surgery.

However, once the injections wear off, any remaining numbness is due solely to the surgical manipulation of the nerves which usually resolves itself over time in most situations.

### **You might like to know ...**

- You will stay in hospital for 1 - 2 nights.
- Whilst you will have a nurse to look after you in hospital expect to manage your own hygiene and mouth cleaning.
- You must have someone to take you home from hospital and stay with you for the next 48 hours.

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## Wiring

In extremely rare situations, the upper and lower jaws may need to be wired together for 6 weeks. Unfortunately, this can only become apparent during surgery. While your jaws are wired it will affect your diet and speaking, however it should still feel comfortable and will not look too different to wearing the post operative elastics.