



MONESMITH & WOOD

ORAL & MAXILLOFACIAL SURGERY, P.C.

2005 ST. CHARLES STREET · SUITE 2
JASPER, INDIANA 47546
812/482-2280 · FAX 812/482-4218

POST OPERATIVE INSTRUCTIONS FOR JAW SURGERY PATIENTS

I. PRESCRIPTIONS

- A. You should receive prescriptions for an antibiotic and pain medicine. These will be given to you at the hospital or at the office (if you have been told to come to the office following discharge) Take these as directed.
- B. If you have any reaction to the medicine (i.e., rash, itching, nausea, etc) call our office.

II. ACTIVITY

- A. Do not undertake any strenuous activities, such as running, exercising, lifting heavy objects, etc. You will find you will become short of breath easily.
- B. Swimming, boating, or being near a pool or lake are strictly forbidden due to the possibility of drowning since your mouth is fastened shut.
- C. Remain inside as much as possible. During warm weather, air-conditioning is recommended.

III. DIET

- A. You should take a minimum of eight (8) ounce (8 oz.) glasses of fluid per day. Three of these should be one of the high-protein, high-calorie supplements (i.e., Carnation Instant Breakfast, Ensure, Sustacal, Boost, etc.)
- B. If you have a milk intolerance or begin having abdominal cramping, you will want to use Ensure or “milk-free” Sustacal as your supplement.

IV. ORAL HYGIENE

- A. Use warm salt water (saline) rinses four or five times per day. You can make a mild salt solution by placing 1/4 tsp. of salt in a six (6) ounce glass of warm water.
- B. Use your small toothbrush and clean along the outside of the teeth and braces. Use any toothpaste you wish. Avoid mouthwash that contains alcohol.
- C. Do not use your water pik for the first two weeks following surgery. Then you may begin using it on the “low” setting. Direct the water straight towards the teeth.

V. NOSE CARE (following upper jaw surgery)

- A. Take an over the counter decongestant as needed.
- B. Use Afrin Nasal Spray - two (2) sprays in each side of your nose. Use once in the morning and once at bedtime. Discontinue after 5-6 days.
- C. If you become congested, gently blow your nose. Do not blow too hard.
- D. Use a "cold" air humidifier (baby-type humidifier) near the area you are sitting or sleeping.
- E. If you feel short of breath or feel you can't breathe adequately through your nose, don't panic. Use your index fingers and pull your cheeks away from your teeth. This will allow air to enter through your mouth.
- F. If you remain very congested and can't clear your nose, contact our office.

VI. NAUSEA AND VOMITING

- A. If you become nauseated or need to vomit, don't panic! You do not need to cut your elastics or wires. Simply lean over, pull your cheeks away from your teeth with your index fingers, and vomit. Everything you are drinking is liquid and will come up the same way. Call our office if the vomiting persists.
- B. You should carry a small pair of wire cutters or cuticle scissors with you in case you need to cut your elastics or wires. They should be cut only in a life-threatening emergency.

If you have any questions or concerns, please contact our office.

Office Hours: Monday, Tuesday, Thursday 7:30 a.m. - 4:00 p.m.
Wednesday, 8:00 a.m. - 4:00 p.m.
Friday 7:30 a.m. - 2:30 p.m.

Phone: (812) 482-2280

After Hours: Please call the Memorial Hospital & Health Care Center switchboard and request that the doctor be paged. The doctor on call, either Dr. Monesmith or Dr. Wood, will return your call.

Phone: (812) 482-2345