



Idaho Falls Oral & Facial Surgery
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Directions for Optimal Healing after Orthognathic Surgery

Rest and Nutritious Foods: Resting and eating nutritious foods are essential for healing to begin and progress normally. Soft foods are best to avoid injury to the surgical site. Keep food away from the surgical site. High calorie and high protein foods are ideal for the first few days. Drink extra non-carbonated fluids to avoid dehydration, especially the day of your surgery. Avoid hot foods while still numb from the anesthesia or surgery.

You will be eating a non-chew diet. No chewing is essential for 4-6 weeks.

If your jaws are wired together you will be eating a liquid diet and will need 4-6 meals per day to meet your nutrition needs.

Bleeding: Blood will ooze from the oral incisions for 1-2 days following surgery. Some bleeding may also come from the nose if upper jaw surgery was performed. Use your nasal spray (Afrin) for nose bleeding. A gauze dressing may be helpful under the nose as well. After several days some tea colored fluid will be draining from the sinuses and come out the nose.

Swelling: This is a natural process after major surgery and will be related to the extent of surgery. Keep your head above heart level when sleeping or reclining. Maximal swelling will be on the 3-4 day. Ice packs or heat packs, as you desire, may be used.

Hygiene: Oral hygiene done well can reduce risk of infection. Clean your teeth, braces and stent carefully and thoroughly twice daily. Rinse your mouth with warm water after each meal. Use your antibiotic mouth wash (Peridex) twice daily after brushing. Never use Hydrogen Peroxide or pressure water cleaning instruments.

Control your Pain: Pain control is best obtained and maintained when you use your pain medicines on a regular basis for the first two or three days. It is wise to eat some food prior to the taking this medicine. Take your medicine on a scheduled basis the first few days-every four to six hours. You should realize that no pain medicine removes your pain sensation completely but lessens it so as to be tolerable. You may also use Ibuprofen as a second pain medicine. Follow the Ibuprofen label directions. Do not take extra Tylenol; it is already mixed with your narcotic pain medication. If adequate pain control isn't obtained please call us.

If you are prescribed an antibiotic use it as directed until it is gone.

Activity: You must be cautious to avoid injury to your jaws and face. Bumps from others may cause movement at the surgery site and require further surgery. You may return to work after your strength is adequate and you are not taking narcotic pain medicines. If you desire to exercise, a stationary bike can be used after one week and running or jogging after three weeks. No contact sports should be played for three months.