

ORAL HYGIENE

It is very important to keep your mouth clean, especially if you have wounds inside the mouth that are healing. Rinse with warm salt water after each meal or snack — a syringe with a curved plastic tip helps to squirt water into hard-to-reach areas. Brush thoroughly after meals and before bed with a soft toothbrush.

CARE OF SKIN INCISIONS

Depending on the type of surgery, it may have been necessary to make an incision on your skin or to repair lacerations or wounds associated with your injury. Care of these wounds is important to prevent infection and minimize scarring. Keep wounds covered with a dressing. Once the stitches are removed, keep the wound clean by gently washing twice a day and applying a topical antibiotic ointment (Bacitracin, etc.).

WIRES AND RUBBER BANDS

Do not cut, remove, bend, or twist wires! If wires or braces begin to irritate cheeks or lips, a small piece of wax can be placed over these sharp areas temporarily.

Loose wires may compromise or delay healing or result in fracture healing improperly. Please call the office if you can open your mouth or move your jaw!

If you need to cough, sneeze, or yawn, use your hand to support below your chin to avoid the tendency to try to open your mouth.

QUESTIONS?

Please do not hesitate to contact our office to speak with one of our assistants or your doctor directly. There is a doctor-on-call 24 hours a day, seven days a week.

FIND US ON SOCIAL MEDIA!



@santamonicaoms



@SantamonicaOMS



Search: Santa Monica OMS



SANTA MONICA CENTER
for Oral Surgery & Dental Implants

HOME CARE FOR JAW FRACTURE

YOUR POST-OP APPOINTMENT

2001 Wilshire Blvd. Suite 600
Santa Monica, CA 90403
(310) 315-1034
info@santamonicaoms.com

It is important that your teeth remain together and jaw movement is avoided to allow normal healing. Avoid trying to move your jaws or play with the wires, rubber bands, etc.— this will cause them to loosen or break. If wires or elastics do become loose or break, notify our office, so they can be adjusted.

SWELLING

Apply ice to the lower face for the first 1–2 days. After 3–4 days, heat may be beneficial in decreasing swelling.

Swelling peaks 48 to 60 hours after surgery and takes 7–10 days to resolve. If you notice an increase in swelling after this time period, it may indicate an infection or another problem, and you should contact our office.

PAIN

Take prescribed medication as needed. Make sure you get some type of food or a drink in your system before taking your pain medication, as it can cause nausea. Do not attempt to move or open your jaw. This action only increases the pain, may delay healing, and may cause muscle spasms in your jaw muscles. You can also use a non-steroidal anti-inflammatory (such as ibuprofen, Advil®, Motrin®, or Aleve®) may be taken along with your prescription medication if needed for pain. Liquid form of Motrin is available over the counter.

NAUSEA AND VOMITING

Avoid all alcohol and any foods that may cause your stomach to become upset. Stay well hydrated and avoid taking pain medication on an empty stomach. If nausea persists, please contact our office. If you feel that you are going to vomit:

- Bend forward or roll onto your side.
- Put your finger inside your cheek alongside the teeth and pull your cheek outward.
- Remember that everything you are taking in is liquid form. If anything comes out, it will be liquid as well — the stomach contents can escape around the teeth and will come out of your nose and mouth. It is not recommended that you try to cut your wires or elastics when you think you are going to vomit.

MEDICATIONS

You may be prescribed several medications depending on the nature of your surgery. If you have been given a prescription for medication, please have it filled and follow the instructions on the bottle. If antibiotics are prescribed, it is important to take them as prescribed until all gone.

Every effort will be made to give all medicines in the liquid form; however, some medications are not available in the liquid form, so it may be necessary to crush pills (placing pills between two spoons is an easy way to accomplish this) and dissolve your medicine in juice or mix with applesauce.

ACTIVITIES

Avoid strenuous activity that causes you to clench your jaws or leaves you short of breath. No swimming or contact sports are allowed. You may bathe or shower and wash your hair.

DIET

Since your jaws may be held together with elastics or wires, you will require a balanced fluid diet (pureed in a blender). It is not unusual to lose 5–10 lbs during the first week after surgery — this is mostly water weight. You may lose 5–10% of your normal body weight while jaws are wired shut. You can use liquid nutritional supplements (such as Ensure® or Boost®) to support your diet.

Instead of eating the usual 3 meals a day, eat more frequent small meals to increase caloric and nutritional intake. Initially, you will find it easier to use the plastic syringe to squirt liquid inside your cheek to the back of your mouth — when comfortable, you can use a straw or drink from a glass. Extremely hot or cold food can be uncomfortable to eat, especially through a straw. Eat foods served at room temperature. Don't forget to add variety to your meals. Experiment with different foods and flavors.

You may eat anything that can be thinned into liquid form. Meals may be blended until smooth. If food is still lumpy, use a strainer. Cold whole milk can be used to thin puddings, yogurt, cereal, sandwiches, ice cream, and cakes. Warm whole milk can be used to thin cheese, eggs, toast, hot cereal, muffins, pasta, hot main dishes, and casseroles. Fruit juice can be used to thin fruit, yogurt, and ice cream.