The following instructions are meant to help you have a comfortable and smooth recovery from your lower jaw surgery.

**General Discharge instructions:**

1. You must have someone drive you home from the hospital. If you are leaving by taxi you must bring someone else to accompany you in the taxi.
2. You will pick up your discharge medications as you leave the hospital at the discharge pharmacy.
3. You should have someone stay with you for at least the first night after your discharge.
4. You will **not** be given unwiring supplies at discharge

**Medications:**
1. Pain Medicine: Tylenol with Codeine (liquid) or Hydrocodone (If you are allergic to codeine) will be prescribed for you at discharge.
2. **NO ASPIRIN FOR ONE WEEK** after surgery.
3. Do not take tranquilizers or sleeping medications, or any non-prescription medicine for 24 hours.
4. Resume your pre surgery medications.
5. Other instructions for medications: Rinse with Peridex oral rinse QID for 2 weeks

**Operative Site:**

1. Ice packs should be applied for at least the 3-4 days post surgery.
2. Keep head elevated for the first week. Sleep on 2 pillows.
3. Do not rub or pull skin around the operative site (where your stitches are).
4. Slight bleeding from the incision site or the nose is expected for the first few days.
5. You may gently blow your nose.
6. If you have stitches on the outside of your mouth, begin applying the ointment to the site 3 times a day.
7. You can use Vaseline for your chapped lips.
8. Begin brushing your teeth with non-alcohol mouthwash and a soft child's toothbrush the day after surgery.
9. Keep the elastics on until your doctor takes them off at your first post-op appointment.
Do not use toothpaste, an electric toothbrush, or a water pic until your doctor tells you it is okay. You can brush your teeth with Peridex rinse (dip your toothbrush in Peridex and brush your teeth gently).

Fluids and Diet:

1. Clear Liquids the first 24 hours then advance to blended liquid diet.
2. Male 2600 calories, Female 2000 calories minimum per day.
3. 10 glasses of 10oz. per 24 hours minimum
   4. **Do not use straws.** May use sippy cups, commuter cups, soft water bottles
4. Check food temperature (care with heat and cold), no spicy food, no raw egg, and no alcohol.
5. **Do not Smoke.**

Activity:

1. Do not lift anything greater than 5-10 lbs for 6 weeks.
2. No bending or activities that require you to bend or strain (no backpacks/book bags) for 6 weeks. It is OK for you to walk up stairs in your home.
3.  Walking is fine for exercise but nothing more strenuous for 6 weeks.
4. No driving until unwired or until all the elastics are removed.

When to Notify your Physician:

1. Brisk bleeding from the incision site (slight bleeding is expected)
2. Marked increase in swelling after the initial swelling has started to recede. (Swelling is expected to increase for 3-5 days then start to decrease.
3. Marked bruising. (Bruising is expected on neck and jaw)
4. Severe Pain.
5. Temperature greater than 101.
7. Nausea and vomiting.
8. If your wires /rubber bands break or come off.
9. If you see or feel a shift in the jaw.
10. If you have not had a bowel movement by the 5th day post surgery.

Clinic Hours 9:00AM till 5:00PM – call (801) 213-4500 or (801) 213-4903 during business hours for questions and help

If problems arise after 5:00PM, weekends, or holidays call your doctor at (801) 647-7908.

Return to the clinic for your scheduled follow-up appointment.

Please take all medications exactly as prescribed. These medicines are important to your health. Detailed information on how to take your medications is printed on your medication bottles.

If prescription refills are required for your medication related to your surgery please call the clinic and leave a message. If any of your regular medications need to be refilled, please call your primary care physician or the pharmacy. Make it a habit to call in your
regular medication refills a week in advance. **Note:** Controlled substances (i.e. narcotics) cannot be refilled without a new order from your physician.

If you are concerned that you may be having a drug reaction, such as a rash, shortness of breath, nausea, vomiting or diarrhea, please contact your physician as soon as possible.

If you have questions about your medications, please ask your nurse, caregiver, or pharmacist.

**Notify your primary care practitioner/surgeon for:**
1. Temperature or 101 degrees F or above.
2. Pain unrelieved by medication
3. Persistent nausea/vomiting and/or inability to eat.
4. Increase in fatigue, confusion, or dizziness.

**Call 911 for any Medical Emergency**

Please note that additional information regarding your diagnosis can be found through your MYCHART account in EPIC.