

Jaw Fracture Post-Operative Discharge Instructions

Diet:

Do a clear liquid diet (water, apple juice, Gatorade, broth) for the first 2 days postoperatively to avoid proteinaceous foods/material from getting in your incision repair line.

After 2 days, begin jaw fracture diet - recommendations and examples listed below.

Anything that is non-chew (pudding, applesauce, yogurt, etc) or that can be blended and sucked through a straw (including protein shakes) is acceptable

Wound Care:

Very important after each meal to rinse your mouth with water, then swish Peridex mouth rinse around for 30 seconds and spit out. This will help clean your teeth and decrease infection risks.

No brushing your teeth until specifically cleared by your surgeon as the lining of your mouth that is sutured closed is very fragile.

Do NOT smoke or use tobacco products. It WILL impair your healing and increase your complications.

It is okay to remove other bandages (if present) and shower in 48 hours with indirect water onto these incisions or repairs (soap and water can lightly run over area, but do not soak area or submerge under water). After your shower, pat area dry and apply antibiotic ointment to these areas 2-3 times daily for one week. Cover if desired with band aid or other non-stick pad (telfa) and tape.

Drain Care (if present):

Empty all drains at least daily, and/or when the bulb gets half full (50mL). Initially you may need to do this several times per day, but it will lessen as your body begins to heal.

Have someone help you with this.

Note how much fluid is in the drain bulb prior to emptying. Record these drain outputs each time (recommend using log sheet provided). Bring recording of daily totals to your follow-up office visit.

To begin, wash your hands with soap and water

Use one hand to hold the tubing tightly near your body (to prevent pulling out the tube). Put a small drop of water or soap on the thumb & index finger of your other hand, pinch the tubing and squeeze the fluid through the tubing toward the bulb.

Open drain bulb cap, record volume, and pour out drainage into a clean measuring cup. Flush drainage down toilet.

Squeeze the bulb tight and replace the cap to restart suction.

Secure the bulb(s) to clothing, bra, or binder so there is no tugging on the drain tubing.

Anticipate the color to slowly change from a deep red, to a lighter pink/red, and finally a yellowish watery color. It is normal for several large pieces of bloody clot to make their way through the tubing throughout your drain course.

- *If drainage becomes heavy (more than 200mL per drain in one day) or has redness or swelling at the incision or drain site(s), notify your surgeon as soon as possible.*

Activity:

No strenuous activity or straining until cleared by your surgeon at follow-up.
Do not lift anything heavier than 5-10 pounds (a gallon of milk).
Avoid activities that may risk injury to your surgical site.
No driving while taking narcotic pain medications.
Keep head elevated above your shoulders at all times for next 3 days.
Keep wire cutters on your person at all times in case of airway **emergency** (vomiting, seizure, or loss of consciousness). They can be used by yourself or someone else to cut the wires going up and down from your lower jaw to upper jaw.

Medications: See Patient Visit Summary for list of medications. Take all of your antibiotic(s) as prescribed. Avoid Aspirin and NSAIDs (motrin, advil, ibuprofen, aleve) for the first week after surgery, then okay to start taking.

Pain medication: You may be prescribed Percocet or Norco for postoperative pain unless allergic or intolerant. If you don't have liquid pain medicine, the tablets can be crushed and mixed with water or juice.

Antibiotic: You will likely have an antibiotic to take for 5-10 days after surgery.

If you are taking narcotic pain medications you may experience some constipation. Drink plenty of water and eat plenty of fiber in your diet. Consider a fiber supplement such as Metamucil®, FiberCon®, or Citrucel®. It is okay to take over the counter stool softeners once or twice daily such as Docusate or Colace® found at your local drug store. It is also okay and recommended to take MiraLAX® to help relieve postop constipation for the first 1-2 weeks until you feel regular again. Milk of Magnesia and Magnesium Citrate are additional over the counter items that can help with temporary constipation.

Follow up: Your surgeon in 7-10 days. Call office for specific appointment date and time if you do not already have one.

Office contact number: 314-501-9100

Other Instructions:

Should you experience any of these symptoms call the office:

- Fever of 102 degrees Fahrenheit or greater
- Persistent pain, nausea, or vomiting.
- Persistent bleeding.
- Shortness of breath.
- Significant redness or drainage from your incision.
- Significant leg swelling or calf pain
- Any other questions or concerns.

During business hours (8am – 5pm) call:

Chesterfield Plastic Surgery Office: 314-501-9100

On nights or weekends call:

Hospital exchange: 866-830-0636

Seek immediate medical care (ER or call 911) if:

- You have difficulty breathing.
- You feel like your airway is closing or hear a high-pitched sound when you try and breathe.
- Problems have forced you to cut the wires holding your upper and lower teeth together.

General Postsurgical Instructions

You may expect to feel dizzy, weak, and drowsy for as long as 24 hours after receiving the medicine that made you sleep (*anesthetic*). The following information pertains to your recovery period for the first 24 hours following surgery.

Do not drive a car, ride a bicycle, participate in physical activities, or take public transportation until you are done taking narcotic pain medicines or as directed by your caregiver.

Do not drink alcohol or take tranquilizers.

Do not take medicine that has not been prescribed by your caregiver.

Do not sign important papers or make important decisions while on narcotic pain medicines. Have a responsible person with you.

Fractured Jaw Diet

This diet should be used after jaw or mouth surgery, wired jaw surgery, or dental surgery. The consistency of foods in this diet should be thin enough to be sipped from a straw or given through a syringe. It is important to consume enough calories and protein to prevent weight loss and promote healing after surgery. You will need to have 3 meals and 3 snacks daily. It is important to eat from a variety of food groups. Foods you normally eat may be blended to the correct texture.

INSTRUCTIONS FOR BLENDING FOODS

Prepare foods by removing skins, seeds, and peels.

Cook meats and vegetables thoroughly. Avoid using raw eggs. Powdered or pasteurized egg mixtures may be used.

Cut foods into small pieces and mix with a small amount of liquid in a food processor or blender. Continue to add liquids until foods becomes thin enough to sip through a straw.

Add juice, milk, cream, broth, gravy, or vegetable juice to add flavor and thin foods.

Blending foods sometimes causes air bubbles that may not be desirable. Heating foods after blending will reduce the foam produced from blending.

HELPFUL SUGGESTIONS

If you are losing weight, you may need to add extra calories to your food by:

Adding powdered milk or protein powder to food.

Adding extra fats, such as tub margarine, sour cream, cream cheese, cream, nut butters (such as peanut butter or almond butter), and half-and-half.

Adding sweets, such as honey, ice cream, black strap molasses, or sugar.

Your teeth and mouth may be sensitive to extreme temperatures. Heat or cool your foods only to lukewarm or cool temperatures.

Stock your pantry with a variety of liquid nutritional supplement drinks.

Take a liquid multivitamin to ensure you are getting adequate nutrients.

Use baby food if you are short on time or energy.

FOOD GROUP CHOICES - ALL FOODS MUST BE BLENDED

STARCHES

4 servings or more

Hot cereals, such as oatmeal, grits, ground wheat cereals, and polenta.

Mashed potatoes.

All vegetables and vegetable juices.

VEGETABLES

3 servings or more

FRUIT

2 servings or more

All fruits and fruit juices.

MEAT AND

SUBSTITUTES

2 servings or more

(6 oz/day)

Soft-boiled eggs, scrambled eggs, cottage cheese, cheese sauce.

Ground meats, such as hamburger, turkey, sausage, meatloaf.

Custard, baby food meat.

Liquid, powdered, or evaporated milk.

Buttermilk or chocolate milk.

Drinkable yogurt.

Sherbert, ice cream, milkshakes, eggnog, pudding, and liquid supplements.

Coffee (regular or decaffeinated), tea, and mineral water.

Liquid supplements.

BEVERAGES

CONDIMENTS

All seasonings and condiments that blend well.

Document Released: 06/07/2011

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