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[www.KelownaOralSurgery.com](http://www.KelownaOralSurgery.com)

## Post-Op Instructions After Repair of Fractured Facial Bones

### **1. BLEEDING:**

Slight bleeding after surgery is normal and may last for several hours. If bleeding is excessive then put pressure directly over bleeding. Sit up or semi-recline. *Avoid spitting, strenuous activity, bending over, sucking through a straw for 48 hours.* No smoking for 48 hours.

### **2. RINSING:**

24 hours after surgery: very gently rinse twice with a salt water rinse (1/2 teaspoon salt in 8oz water). Vigorous rinsing may dislodge the blood clot and interrupt the normal process of healing, so be gentle. From one day after surgery until healing is complete, rinse 2 times per day with a Chlorhexidine rinse (i.e. once in the morning and once at night, after regular brushing and flossing). Use salt water rinses between doses of the Chlorhexidine rinse (i.e. once finished eating). Also brush and floss (if possible) just prior to each dose of chlorhexidine.

### **3. SWELLING / FEVER:**

A cool pack placed on the face will be beneficial to help control any swelling and bleeding. If extreme swelling or a temperature above 38.3°C occurs, contact Dr. Martyna's office.

### **4. SMOKING / VAPING / ALCOHOL:**

Do not smoke, vape, or drink alcohol for 48 hours following oral surgery. This may cause the disruption of healing and increase in complications such as wound breakdown and post-operative infections.

### **5. DIET / EATING:**

Eat something when you feel ready to. **Do not chew** for the first 4 weeks. Your diet is to be **PUREED** (Mashed potatoes consistency or softer). Start with cool liquids at first. Have some dietary supplements ready such as Carnation Instant Breakfast, Ensure, Sustical, Boost, etc. Eat with a spoon, a straw, or simply drink from a glass. After 4

weeks you can progress to a soft diet (white fish, over-cooked pasta, steamed vegetables, etc.).

#### **6. CARE OF TEETH / HYGIENE:**

The teeth should be given their usual care. Brush two-three times a day as a clean mouth will heal faster. Be careful around the operative site, but still clean there. Do not brush the gums at the surgical site. Brush the archbars (surgical braces) if you have them. You may shower, but no bathing. If you have stitches on your face, pat these dry with a clean towel and apply polysporin to the dry wound site.

#### **7. FRACTURE OF MAXILLA (UPPER JAW):**

The maxillary sinus may be affected. If so, then do not blow your nose until further notice. Gentle sniffing in is okay. Use sinus and nasal medications as directed.

#### **8. NAUSEA:**

Nausea is a normal side effect of narcotic pain medications. If you have severe nausea or vomiting you may need to stop the pain medications or to take an additional anti-nausea medication. It is better for you to take the extra medication when you feel the first signs of nausea than to wait until you vomit.

#### **9. PAIN:**

Some discomfort is normal following oral surgery. If pain medication is prescribed, take only as directed. Often it is beneficial to take the medication after eating to help prevent nausea. *Do not drive while using narcotic pain medications.*

#### **10. SUTURES:**

Sutures inside your mouth will dissolve in approximately one and a half weeks. If they are falling loose they may be trimmed, but do not try to remove them before one week has passed. If small incisions were made on the face, those sutures should be removed one week after the surgery. A small amount of antibiotic ointment (Polysporin) should be applied twice a day to those facial incisions.

#### **11. ELASTICS (If applicable):**

Your jaws may be held together with tight elastics. Do not remove these elastics unless you are having difficulty breathing. If you do need to cut the elastics, use regular scissors, and this will allow you to open your mouth. Please phone the office to let us know if this occurs.