

KELOWNA  
**ORAL & FACIAL**  
SURGERY

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

#### **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, or sucking through a straw for 48 hours.*

#### **WOUND CARE:**

Use mouth rinse as directed. Rinse with salt water rinse at least 3 times a day. Start rinsing gently then rinse more vigorously after 2 days. After 7 days you should rinse with full force. Brush teeth 3 times a day. Skin sutures on the face (if any) should be left open to air after the first few days. Use a small amount (very thin coat) of Polysporin to the facial wounds twice a day if applicable. If applicable, keep the hip wound covered with gauze, but remove this and gently clean once daily. If there is an increasing area of redness and itching then call your surgeon, as you may be developing an allergic reaction to the Polysporin. Any non-resorbable sutures should be removed in 1 week. If your upper jaw (maxilla) was fractured: Use saline nasal spray at least four times a day to keep the nostrils clear.

#### **SWELLING / FEVER:**

Swelling and bruising are normal following extractions. A cool pack placed on the face will be beneficial to help control any swelling and bleeding. Up to 36 hours following surgery, the application of a warm compress to the sides of the face is beneficial in reducing the size of the swelling. Swelling peaks on the second or third day postoperative; however, it is normal to have swelling and/or pain up to and beyond day five. If extreme swelling or a temperature above 38.3°C occurs, contact our office.

#### **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.

#### **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.).

### **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.

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

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

### **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 take an additional anti-nausea medication.

### **PAIN:**

Some discomfort is normal following a tooth extraction(s) and is not always directly related to the surgical site. If pain medication is prescribed, take only as directed. Often it is beneficial to take the medication with, or after eating to help prevent nausea. *Do not drive while using narcotic pain medications.*

### **POST-OP ANTIBIOTICS:**

If prescribed antibiotics, take your antibiotic doses with food. If you have a sensitive stomach, consider taking a probiotic which contains *S. boulardii*, which can be purchased at most drug stores and health food stores

### **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.

### **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.