

## Post Operative Orthognathic Surgery

Orthognathic surgery is an operation to correct the position of the upper and lower jaws to enable the teeth to meet correctly and improve your facial profile

The mouth and face may feel sore, swollen and slightly bruised particularly during your first week of recovery.

- Stitches: Located inside your mouth, will dissolve on their own, which usually takes up to two weeks.
- Sensation: You will experience numbness in your mouth and your lips and chin. This usually improves with time.
- Excess Saliva: Drooling is common following this type of surgery. This will also improve with time.
- Sick: Feeling sick or being sick is normal for the first few days, this can be helped by diluting Chlorhexidine with water and syringing the mouth before eating and drinking, A syringe will be provided. Chlorhexidine can be purchased from any supermarket or pharmacy.
- Pain relief: On discharge from hospital pain relief, you should have at home that can be purchased from a pharmacy  
Soluble Paracetamol  
Liquid Ibuprofen  
Cold ice packs can help minimise the swelling following surgery.
- Hilotherm mask: When you are in hospital you will be wearing a hilotherm cooling mask which will help reduce the swelling. These can be hired from the company independently for use at home.
- Nose: Nose Bleeds are a common side effect, there must be no nose blowing, the nose can be wiped. The nose will feel blocked, inhalation of menthol crystals in hot water can relieve these symptoms. Menthol Crystals can be purchased from pharmacy.
- Time off: You should take time off work or study to allow for recovery, Sick certificates can be provided.
- Rest: Take things easy for the first few days and rest.

- Mouth Care: Cleaning teeth is extremely important to aid a fast recovery and prevent infection. This must be done three times a day to keep the mouth clean. Consider a small headed brush (child's brush).
- Mouthwash: Chlorhexidine to be used 4 times daily for the first 7 days after surgery.
- Syringe: You will be provided with a syringe to use with the mouthwash to help you get to those hard-to-reach areas.
- Lips: Keep lips moist with regular lip balm or petroleum jelly as your lips may feel dry or sore after surgery.
- Diet: Soft diet for 6 weeks following your surgery.
- Fluids: Drink a minimum of 2 litres of fluids a day.
- First week: You will be able to manage a soft diet (easy to swallow.)
- Second Week: Progress to food such as soft pasta, shepherd's pie, any foods that do not require any chewing.
- Elastics: You are likely to have small elastics between your upper and lower teeth following surgery, they are important to help with the new position of your teeth and Jaws.

We will review the elastics at your first appointment approximately 5 days after surgery, At that stage we may teach you how to put the elastics on and off, so they can be removed for eating and drinking

## Things to consider

1. General hygiene will make you feel better, e.g., showers/hair washing/tooth brushing.
2. A positive mental attitude will aid a speedy recovery.
3. Gentle exercise will help recovery, e.g., a walk in the fresh air but avoid over-exerting yourself.
4. Avoid alcohol.
5. No smoking, this significantly reduces the blood supply in the mouth and slows down the healing process.
6. Attend your post-operative review on a weekly basis. These will be booked, especially in the first two weeks.
7. Braces may rub: your brace may rub creating ulcers, apply the orthodontic wax to your brace to form a protective barrier.

## Contact

If you have post operative concerns during weekday hours 8am – 6pm please contact Maxillofacial department at Eastbourne on 0300 131 4500 Ext 771756

If you are concerned out of hours, please contact The Queen Victoria Hospital switchboard on 01342 414000 and ask for the Maxillofacial Surgeon on call

## Sources of information

<https://www.bos.org.uk/Your-Jaw-Surgery>

## Important information

This patient information is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

## Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the patient experience team on 0300 131 4784 or [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net).

## Hand hygiene

We are committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering

## Other formats

**If you require any of our leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department on 0300 131 4434 or [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

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## Reference

The following clinicians have been consulted and agreed this patient information:

Mr N Maini Maxillofacial Consultant

Mr M Shastri Maxillofacial Consultant

Dr A Ahmad Orthodontic Consultant

Dr F Pantanali Orthodontic Consultant

The Clinical Specialty/Unit that have agreed this patient information leaflet:

Maxillofacial and Orthodontics. Mr N Maini Maxillofacial Consultant and Dr A Ahmad Orthodontic Consultant.

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