



Khurram A. Khan, BDS, DMD | (513) 232-8989

## Pre-Op Instructions for Jaw & Orthognathic Surgery

The hospital will call you prior to your surgery to inform you of their pre-operative instructions, but here are some things to be aware of:

- If SARPE: **YOUR ORTHODONTIST WILL GIVE YOU A KEY TO TURN YOUR EXPANDER, YOU MUST BRING THIS WITH YOU TO YOUR SURGERY.**
- All facial hair must be removed prior to surgery.
- All nail polish on finger nails and toes should be removed.
- Dentures and/or partial dentures must be removed.
- Do not wear any jewelry, including all facial, ear and body piercings.
- Do not wear contact lenses.
- You should wear comfortable clothing to the hospital, as this is what you will be wearing home after your surgery.
- You will be admitted to the hospital 2 hours prior to your appointment- the hospital will further advise you on arrival and surgery time.
- The hospital offers valet parking when you arrive at the main entrance.
- When entering the hospital at the main entrance they will direct you to the operating room waiting area.
- Once you are taken back to the pre-surgery waiting area you will be given a gown to change into, your vital signs will be taken, and you will meet with the anesthesiologist to review the anesthesia plan for your surgery.
- An IV will be started and you will begin getting IV fluids, during surgery this is how you will receive the sedation medications.
- Escorts may be allowed to wait with you prior to your surgery, once you are taken for your surgery your escort will be directed to wait in the

waiting area. There is a screen in the waiting area in which your escort will be able to track your progress during your surgery.

- Once the surgery is completed you will be moved to the recovery area in which you will stay for approximately 1-3 hours.
- After your surgery Dr. Khan will meet with your escort in the waiting area to discuss how the surgery went and to answer any questions they may have.

## Post-Op Instructions for Jaw & Orthognathic Surgery

- You should refrain from blowing your nose for the first 14 days. You may gently clean the nasal airway with a Q-tip dipped in peroxide and warm water. If you sneeze, sneeze with your mouth open and you can push in on your cheeks to equalize the pressure.
- You may be given a prescription nasal spray to help keep your nasal passages open, if you were not given a prescription you can use an over-the-counter saline spray or nose spray.
- You may experience a bloody or runny nose. This is a common occurrence with upper jaw procedures. If you are unable to stop the bleeding in a normal fashion, call the office as someone can be reached 24/7.
- You may sleep in your bed or in a recliner. Sleeping with your head elevated on a couple of pillows will help decrease swelling. You should refrain from sleeping on your side for the first 7 days after surgery.
- Your lips and the corners of your mouth will feel dry, stretched, cracked and/or sore due to the surgery. By keeping the lips clean with a cotton ball dipped in peroxide and warm water and applying an ointment to the lips, during the day, they will begin to heal without further cracking. We advise you to begin heavily moisturizing your lips for 3 days prior to your surgery. Chap Stick, Vaseline, or Lip balm is ok, we do not recommend Carmex as it has a drying agent that can further dry out your lips and skin.
- It is very important to stay hydrated by drinking plenty of fluids. Do not use straws.

- For the first 48 hours after surgery you will be on a clear liquid diet. This includes things such as juice, sprite/ 7up, and soup broths. Liquids that you can hold up to a light and see through.
- **DO NOT CHEW** for 6 weeks after surgery. You may eat foods that are soft and can be swallowed without chewing. There are many foods that fit these criteria, such as: Jell-O, pudding, apple sauce, smoothies, milkshakes, *Ensure*, instant breakfast, mashed potatoes, baked potatoes, rice, pasta, fish, meatloaf, chili, eggs, and soup.
- Swelling continues to increase for the first week after surgery and it will be approximately 8-14 days before it begins to decrease. You will be given a “Cool Comfort” ice wrap to use continuously for the first 72 hours following your surgery. Using the wrap as much as possible will decrease the amount of swelling and discomfort you will have. We ask that you return the “Cool Comfort” unit to our office within 10 days after your surgery.
- Do not exert yourself or exercise for approximately 4 weeks or until Dr. Khan feels you are ready. Exercise may cause clenching and an increase in your heart rate or blood pressure, which can increase your pain and swelling. It may also cause bleeding from the incision sites.
- Brush your teeth 2-3 times a day. Brush all of your teeth. An extra soft bristled or baby toothbrush is recommended. You will be prescribed a mouth rinse in which you should use two times a day beginning the 3<sup>rd</sup> day following surgery, and continue using for 2 weeks.

### **For Orthognathic Surgery**

- Your jaws will NOT be wired together but you will have elastics (small rubber bands) in place. The elastics will help guide your jaw to its new position. The elastics may come off before you are seen in the office. If they do we will replace them when you come in
- You may shower and wash your face. If you have sutures on your face, they will be covered with skin glue. This skin glue is water resistant and will peel off on its own.
- It is important to continue to wear your elastics. Place new elastics on once a day being careful to place them exactly where Dr. Khan has placed them. You may remove them to eat and brush your teeth.
- You will see your orthodontist approximately 2-3 weeks post-surgery. At that time, he/she can begin his/her final orthodontics. It is very

important for you to follow his/her instructions and keep your appointments as he/she instructs. The orthodontist will be in charge of placing the elastics after the splint is removed.

- You may have a splint wired to your upper brackets. If you have this splint it will be removed in the office approximately 6 weeks after surgery. You may need to see your orthodontist immediately after the splint removal.
- You will continue to see Dr. Khan at the 1 week, 2 week, 4 week and 6 week mark following surgery. When your braces are removed, Dr. Khan would like you to return to the office for final pictures.

**For SARPE**

- A palatal expander appliance will be placed, you will be shown how to turn the key upon your first post-operative visit with Dr. Khan. This usually occurs 3-4 days after your surgery.
- You will continue to see Dr. Khan at 1 week, 2 weeks, 4 weeks and 6 weeks.
- You will see your orthodontist post-surgery for follow up.