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## **PRE AND POST-OPERATIVE INFORMATION FOR JAW SURGERY PATIENTS**

### **PRE-HOSPITAL PREPARATION:**

1. You have been scheduled for your jaw operation and this will be booked through Dr Lim's office. You will need to complete the hospital pre-admission form, sign the consent form and mail the forms to the hospital at least 7 days prior to your operation.
2. You will be admitted to hospital on the same day as your surgery. The hospital will call you to confirm your admission. If you are not easily contactable, please call the hospital the afternoon before your operation to receive instructions regarding your time of admission.  
Hunters Hill Hospital (02) 8876 9300  
Sydney Adventist Hospital (02) 9487 9111–Adults **or** (02) 9487 9656–Under 16 years
3. Do not have anything to eat or drink for at least 6 hours prior to your operation. If you are on regular medication, you should continue to take them as usual with a sip of water. Do not take any aspirin or drugs containing aspirin up to 7 days prior to your surgery. If you take aspirin regularly, you should cease 7 days prior to surgery, after consulting your GP. Do not take any alcohol 24 hours prior to surgery. Do not take any herbal or naturopathic medications such as Vitamin E 1 week prior to surgery.
4. Arrange to have a routine blood test (a full blood count) at a pathology centre any time in the week prior to admission to hospital. A blood test is not necessary if you are having a genioplasty only. You should have a signed request form to take with you after your work-up appointment for your blood test and the test results will be sent to Dr Lim.
5. The risk of needing a blood transfusion is very low. Patients having 2 jaw surgery will be required to have an additional blood test called “group and hold” as a precaution in the unlikely event of excessive bleeding encountered requiring a blood transfusion. You will need to arrange an appointment at the Sydney Adventist Hospital Pathology Department 3 days prior to your surgery date.
6. Arrange to have “surgical hooks” placed by your Orthodontist prior to surgery. These are small metal hooks placed on your braces and are used during the surgery to align the bite, and after the surgery for placement of elastic bands. They are removed 6 weeks after the surgery or when the hooks are no longer being used for elastics. Your Orthodontist will also need to send Dr Lim a current set of study models (moulds of your teeth) for pre-surgical planning. You will also need a current set of x-rays (OPG and Lateral Ceph) and a referral will be given to you to have this done at an x-ray centre.
7. The length of the hospital stay is usually 2-3 nights for 1-jaw surgery and 4-5 nights for 2-jaw surgery. This may vary between individuals. Your hospital recovery will be assessed by Dr Lim, together with the nursing staff.
8. Prepare to take adequate time off to recover. You will need approximately 2 to 3 weeks recovery time for 1-jaw surgery and 3 to 4 weeks for 2-jaw surgery, inclusive of the time in hospital. Please ask if you need a medical certificate.
9. You may wish to purchase the following items: a soft child-size toothbrush, mouthwash (Difflam-C

or Savacol is recommended), Nurofen pain medication, ingredients for a nutritious soft food diet, dietary supplements (e.g.: Sustagen, Ensure, multivitamins, iron supplements) and an electric blender will be very useful.

### **FEES AND HEALTH INSURANCE ISSUES:**

Please check with your health fund regarding your hospital insurance status prior to surgery. You will need to have private hospital cover to cover some or all (depending on your level of insurance and excess) of your theatre and bed fees, and use of hardware (plates and screws, etc.). If you are not insured, please call the hospital for an estimate of their theatre, bed fees and hardware costs.

Please ask for an updated quote from Dr Lim's office for your surgical fees. Medicare and the private health fund will only rebate a small percentage of this fee.

You will also be sent a quote from our anaesthetist.

- Please note all your surgery fees will need to be finalized in full 1 week prior to your scheduled surgery date.
- Please call our office if you have any concerns about your insurance status and fees.

### **THE OPERATION – WHAT TO EXPECT**

The operation takes approximately 2-3 hours for 1-jaw surgery and 4-5 hours for 2-jaw surgery, depending on the extent of surgery. Please refer to your jaw osteotomy information booklet (you should have received this at your initial consultation) for details of the operation.

Immediately after the operation, you will be quite drowsy and your jaw will feel numb, due to an injection of a long lasting local anaesthetic. You will have facial swelling and you will have ice packs around your face to reduce the swelling.

There will be a "drip" attached to your arm for fluids and medication. You will also be given a PCA (patient controlled analgesia), this is a morphine infusion that has a button which you can press whenever you feel pain or discomfort in order to self-administer pain relief instantly. It is programmed so you cannot overdose. Most patients find that this administers more pain relief than they require and usually stop using it after 48 hours. Panadine Forte tablets are usually adequate after 48 hours and you will be discharged home with these.

If you have had lower jaw or 2-jaw surgery, you will have two tiny drainage tubes (into small drainage bottles) from your lower jaw. These drain excess blood and helps reduce swelling. They will be removed painlessly 24 hours after surgery.

With upper jaw or 2-jaw surgery, you should expect some nasal oozing for the first 24 to 48 hours followed by nasal/sinus congestion, which can take 1 to 2 weeks to resolve. Nose drops (e.g.: Drixine) and decongestants (e.g.: Sudafed) may be helpful. With upper jaw surgery, in some cases (not all), you may also have a small stitch covered by a steri-strip on the bridge of your nose. This is due to placement of a small bone marker to measure and correctly reposition the vertical height of your upper jaw position during surgery. This stitch will be removed by Dr Lim at your review appointment a week after surgery.

All the stitches inside the mouth are resorbable and dissolve after 3 to 4 weeks.

You will have small titanium plates and screws (mini-plates) in your jaws. The titanium plates and screws in your upper and lower jaws will not be noticeable to you and will remain indefinitely.

You will also have some light elastic bands placed between your teeth to ensure the bite remains stable and heals in the right place. When you are comfortable (usually 1 week after surgery), you may remove the elastic bands during mealtime and to clean your teeth, and then you must replace them with new ones. The elastic bands are usually worn for up to 4 weeks after surgery to prevent relapse of the bite.

Dr Lim will review you while in hospital, and your progress monitored by the nursing staff, and you will be discharged home when you have adequately recovered.

### **POST-OPERATIVE INSTRUCTIONS:**

#### **YOUR DIET:**

You will be restricted to a soft diet for 6 weeks after the surgery to allow the jaw to heal properly. Below is a guide as to your progress with your diet:

- Day 1:** Clear liquids only
- Day 2 to 3:** Progress to full liquids (shakes, soups, yoghurt) and then progressing to a pureed diet as tolerated
- Days 4 to 7:** A pureed diet (you will need a blender at home and you may wish to purchase dietary supplements to optimise nutrition)
- Week 2:** Continue with the pureed diet and begin to introduce very soft, “mushy” foods (e.g.: mashed potato, scrambled eggs, very soft pasta)
- Weeks 3 to 6:** Strictly a soft diet (see the “Soft Options” diet sheet attached for examples).

### **MEDICATIONS:**

You will be issued antibiotics from the hospital. Complete the course of antibiotics as prescribed.

Oxycodone will be issued to you at the hospital for pain relief. This is a very strong medication and has side effects, such as drowsiness and nausea and/or vomiting. You should not take more than 8 tablets per day. You may wish to take 2 tablets of “Nurofen” or “Nurofen plus” alternating with Panadol during the day every 2 to 3 hours (maximum 8 panadols per day) and Oxycodone at night.

### **ORAL HYGIENE:**

You should be rinsing your mouth four times a day (after every meal and before bed) with a mouth rinse (Savacol or Difflam-C is recommended) for at least 2 weeks after the surgery. Mouth rinsing should commence on the second or third day after surgery to prevent infection.

After one week, or when your mouth is more comfortable, you should start cleaning your teeth to remove all the food build-up from your braces with a small, soft, child-sized toothbrush regularly.

### **PAIN, SWELLING AND BRUISING:**

You should expect to be taking pain medication for up to 1 week after discharge from hospital.

Most of the facial swelling should resolve after 2-3 weeks, with some residual puffiness present up to 4-6 weeks after surgery.

There may also be some facial bruising which may descend towards the neckline. This can vary depending on the individual patient, but it will slowly resolve after 1-2 weeks.

You will notice a residual numbness and/or tingling sensation from your upper and lower lip, front teeth, gums and chin region after surgery. As Dr Lim previously explained, this is due to the stretching of the related nerves involved in the surgery. The numbness may take at least 3-6 months (and possibly longer) to resolve and, as you know, there is a small risk that it may not resolve completely and occasionally, result in permanent numbness.

### **FOLLOW-UP VISITS:**

You will need to see Dr Lim for a review the week after the surgery and then weekly or fortnightly (depending on the position of your bite) for the next 4-6 weeks. Dr Lim will assess your healing, instruct you on the placement and removal of the elastic bands, remove the skin stitches if present, and send you for x-rays. A report will be sent to your orthodontist.

Your Orthodontist will also like to see you usually 2-3 weeks after the operation. The post-surgical orthodontics (adjustment of the braces and fine tuning of the bite) usually commences at 6 weeks after the surgery when the jaws have healed.

Dr Lim will see you again at 6 months after the surgery, and then finally one year after the surgery.

**Please do not hesitate to call our office on (02) 9904 6866 if you have any questions.**