



Pre-Operative & Post-Operative Care

Pre-Operative Care

Pre-Operative Examination

Anywhere from one week before your surgery to the day of surgery, Dr. McGann will perform a medical history and physical examination to make sure there are no potential medical problems for your surgery. This test may include laboratory blood and urine tests, a chest x-ray, and an electrocardiogram.

Hospitalization and Surgery

- **Check in with the concierge at the front entrance 2 hours prior to your scheduled surgery and a nurse will escort you to the SPA (surgical procedure area).**

Diet

To aid your recovery, you will need to do the following:

1. Acquire a Blender

Before you go into the hospital, you should purchase or borrow a blender or food juicer. Any food that you normally eat can be blended into a meal you can eat while you are recovering from your surgery. Your favorite foods may look different, but they will still taste the same.

2. Eat Healthy Foods

Eating plenty of fresh fruits and vegetables helps your body get all the vitamins, minerals, and fluids it needs to recover from your surgery. To make sure all your dietary needs are met, you will want to purchase dietary supplements such as multivitamins that include iron and calcium. In addition to eating enough fresh fruits and vegetables, make sure that you eat enough protein, carbohydrates, and calories to help your body recover. While your jaws are held in place with elastics, you will eat about six times per day, but you will consume smaller meals.

3. Do Not Eat Prior to Surgery

You will be asked not to eat anything 8 hours prior to your surgery. This will ensure that you have an empty stomach for your procedure, which helps ensure safety during your surgery. You can drink water and Gatorade only, for up to 2 hours prior to surgery.

Anesthesia

A member of the hospital anesthesia department will discuss your surgical anesthesia with you, including its benefits, risks, side effects, and potential complications. This person will be happy to answer any questions you may have about your anesthesia.

- The A-line IV may cause bruising around your wrist.

Possible Side Effects and Complications

Swelling

After your procedure, you can expect to see significant facial swelling. During the second and third weeks, swelling should reduce significantly. To minimize swelling, you will be given steroids to accompany the use of ice packs. Getting out of bed and keeping your head elevated will assist with swelling.

Nausea, Vomiting and Bleeding

Nausea, vomiting, and bleeding may occur. In addition, if you feel nauseous and need to vomit, remember to stay calm and turn your head to the side to ensure that any fluids clear your mouth easily. Vomiting is not a life-threatening situation after your procedure, since your stomach is empty. It is common to vomit once after surgery to clear the blood in your stomach.

It is not uncommon to experience some minor bleeding and increased salivation after surgery. If you had upper jaw surgery, you may experience some oozing of blood and mucous from your nose. If you do, nurses will have access to a suction device at your bedside that will remove any blood that accumulates.

Post-Operative Discomfort

Discomfort is not uncommon after surgery. However, in most cases it is mild. Dr. McGann will prescribe medications as needed to help you manage your discomfort. According to many patients, the discomfort experienced after jaw surgery is no worse than the discomfort of having wisdom teeth removed. Please remember that every attempt will be made to keep you as comfortable as possible.

Nasal Congestion and Stuffiness

The placement of tubes in the nose and surgery on the upper jaw can sometimes lead to nasal congestion or stuffiness. This can be managed with nasal sprays and regular cleaning of the nostrils, as well as the prescribed sinus medications (Allegra, Ocean Spray or Afrin). You may also clean your nostrils with Q-Tips and a 3:1 solution of water (3 parts) and hydrogen peroxide (1 part).



GRANT MCGANN, DDS

ORAL & MAXILLOFACIAL SURGERY

Bloody Noses

You will have a bloody nose for up to two weeks after surgery. If bleeding is severe, pinch the nose to put pressure on it.

Sore Throat

During the procedure, anesthesia will be administered through a tube passed through your nose into the throat. This often causes a bad sore throat that resolves within 1 week.

Jaw Wiring

While jaw wiring was once prevalent in jaw surgery, it is now a very rare occurrence. Occasionally, jaws will be wired shut after surgery to ensure a quality result from your procedure. The length of time that jaw wiring may be necessary is dependent upon the type of surgery performed.

Numbness of the Lips

During the procedure the nerves to your lips, nose, chin, palate, tongue, and teeth are stretched. This causes them to be numb. As the nerves recover you will feel electric, tingling, or shooting sensations. The recovery time is variable and can take a few months.

Tooth Damage

When performing the procedure, the bone is cut close to the teeth which may cause accidental damage to the roots of the teeth.

Mood Alteration

It is very common to experience depression following orthognathic surgery. There is often a change to your facial appearance that you are simply not used to seeing and may become hypercritical of your looks. Even though this change is a positive one, with your skeletal discrepancies now being corrected, some may find it difficult to adjust to. In addition, the swelling overshadows the actual surgical results and can be discouraging at the beginning of healing. It's important to stay patient. Emotional support from your family and friends also plays a significant role in your recovery.

Post-Surgical Care and Home Care

After your surgery, there are a few things that you can do to improve your recovery period. You will be asked to do the following:

1. Don't Chew Hard Foods.

Your jaws are held together with plates and screws. Chewing on food can mobilize the plates and screws causing them to get infected and may need additional surgery to be removed. Chewing can also move the jaws and teeth, and cause the need for surgery to be redone, or have extended orthodontic time to finish your case.

2. Take Your Medications

You will be prescribed medications to be taken before and after your surgery. These medications may include antibiotics, pain medications, nasal sprays, sinus medications, anti-nausea medicine, Peridex oral rinse, or a topical cream for joint pain. Remember to take your medications as directed.

3. Maintain Good Oral Hygiene

After your surgery, it is important that you keep your mouth clean to minimize the chance of infection, and to maintain dental health. Use a soft-bristled (baby) toothbrush and Peridex rinse. Be sure to keep the brush in contact with your teeth as you brush them. Brush 5 times a day to keep the teeth clean.

4. Walk as Soon as Possible

After your surgery, you are encouraged to try to walk as soon as it is determined to be safe. Getting back on your feet and walking is very healthy and will aid your recovery. The better you prepare yourself mentally, physically, and nutritionally to get back to your routine, the quicker your recovery will be.

5. Practice Speaking to Others

After your surgery, speech may be difficult. However, you can improve your recovery and your ability to speak through practice. Remember, the best way to be understood is to speak slowly, concentrate on each word, and calmly try to be understood if you must repeat what you have said.

6. Avoid Smoking

Smoking may delay healing as well as stain your teeth. It is important you refrain from smoking as much as possible during your recovery.

7. Take Care of Your Jaw

Remember that pressure changes can be painful and can compromise your results. Avoid situations like changing altitudes, blowing your nose, sneezing through your nose, and intense exercise, as these things can cause significant changes in intraoral pressure. Don't lift heavy weights or do anything that causes you to clench your teeth together for the first 6 weeks after your surgery.



“What can I eat after my surgery?”

Avoid hard, crunchy and chewy foods. You can eat anything that a fork would go through.

- Smoothie, juice, protein shake, ice cream, yogurt, milk, kefir
- Pudding, Jell-O
- Apple sauce, jam, honey, custard
- Beans, rice, couscous, quinoa
- Mashed, baked potatoes/sweet potatoes
- Pasta, mac and cheese
- Soft cheese (cottage, ricotta, brie, feta, camembert, goat, cream cheese)
- Soup – creamed or with well-cooked vegetable and/or shredded meat, ramen noodles
- Eggs – in any form
- Sautéed spinach or other greens
- Tuna salad
- Bananas, blueberries, avocado
- Creamy peanut or almond butter
- Well-cooked oatmeal, cream of wheat, grits
- Well-cooked shredded or ground beef, chicken, turkey
- Cooked fish
- Tofu
- Well-cooked cauliflower, butternut squash, zucchini
- Soft corn bread, plain muffin (**NO** nuts, chocolate or fruit), pancakes