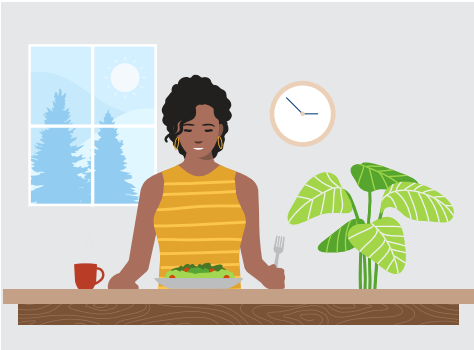
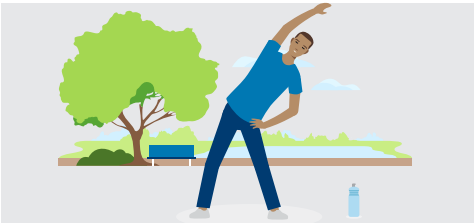





Corrective Jaw Surgery

First Post-op Appointment Instructions

 <p style="text-align: center;">Diet</p>	<ul style="list-style-type: none"> • Once surgical elastics/wires are removed, you can eat a soft diet (anything that can be easily smashed with a fork and does not require chewing - can mash with your tongue and roof of mouth). Examples include: mashed potatoes, scrambled eggs, pasta cooked soft, fish. • You need to <u>maintain this soft diet until 6 weeks post-op</u>, after which you will be able to slowly advance your diet back to normal as your comfort allows. • Remember: <u>biting into hard foods (i.e., raw vegetables, french bread) too soon can cause displacement of the healing jaw segments and/or hardware!</u>
 <p style="text-align: center;">Activity</p>	<ul style="list-style-type: none"> • You may gradually increase your physical activities. Walking and light hiking is OK. • Physical activities requiring <u>heavy lifting</u> (anything that is strenuous enough to cause you to clench your teeth) or activities where the jaws would have a tendency to be hit or jarred, such as <u>contact sports</u>, should be <u>avoided for three months</u>.
 <p style="text-align: center;">Sinus Precautions (only if you had upper jaw surgery)</p>	<ul style="list-style-type: none"> • For 6 weeks: <ul style="list-style-type: none"> - No nose blowing - No using straws - No flying in airplane - No scuba diving - If you sneeze, keep your mouth open to avoid pressure build up
 <p style="text-align: center;">Hygiene</p>	<ul style="list-style-type: none"> • Continue with good oral hygiene. • You might find it necessary to continue using a child size toothbrush. • It is OK to use toothpaste. • You may begin using a water pick on a gentle setting.
 <p style="text-align: center;">Rubber Bands</p>	<ul style="list-style-type: none"> • Rubber bands will be placed on your braces to support the jaws during healing. You need to wear them 24 hours a day. • It is OK to remove the rubber bands to eat or brush your teeth. • You can take the same pair off/on during the day, but change to a new pair once a day as they tend to lose their elasticity. • Whenever you take the rubber bands off, <u>perform your jaw stretching exercises</u> (open as wide as you can, count for 10, do several times). • You should continue to wear the rubber bands for four to six weeks unless otherwise directed by your orthodontist.

See your orthodontist within 1 week of this appointment.