

# CHAD PURNELL M.D.

CRANIOFACIAL AND PLASTIC SURGERY

## Pre-and postoperative care instructions Orthognathic (Jaw) Surgery

### Before the Operation:

- **Maintaining oral cleanliness before the operation is EXTREMELY important.** 2 weeks before the operation, you should brush your teeth at least 3 times every day, floss at least once a day, and use prescription mouthwash (Peridex) twice a day. You will also use nasal saline spray twice a day for 2 weeks to help to keep the nose clean. The prescription for the mouthwash will be given to you by our staff.
- Follow the instructions given to you by our scheduler regarding eating and drinking. Try as much as possible to show up early. If you don't receive a call the day before surgery, call our hospital before 4:00 PM at 773-622-5400 to check on your instructions.

**Hospital Stay:** Usually, hospital stay after jaw surgery is 1-2 nights for pain control and for comfort and control of swelling.

### After the Operation:

- Incision care:
  - o **For the incisions in the mouth, cleanliness is very important.** Continue to use the Peridex mouthwash twice a day for the first two weeks, then transition to regular mouthwash. After eating or drinking anything, you should swish with warm water to keep everything clean. You should brush their teeth at least 2 times a day with a soft bristle toothbrush starting 3 days after surgery. Make sure to look at your incisions and if there is food stuck near them, gently clean it out with a soft toothbrush.
- Pain Control: For the first 2-3 days, it is usually easier to **schedule** non-opioid pain medications rather than waiting to see if you needs them. , just give their next dose when they wake up.
  - o You can take acetaminophen every 6 hours and ibuprofen (Motrin) every 6 hours, so you will get a medication every 3 hours. If this is not relieving the pain, you may add a dose of oxycodone.
  - o The vast majority of patients only require opioid medication for the first 2-3 days after jaw surgery. **Opioid medications can result in you being more sleepy, eating and drinking poorly, and can cause constipation.** They should only be given if necessary.
- Other Medications: You should use saline nasal spray at least twice daily to keep your nose clean after surgery. They will also take 1 week of antibiotics. You will continue the Peridex mouthwash for 2 weeks postoperatively.

- Diet: You will drink liquids for the first night after the operation, and then can transition to a soft diet. A soft diet includes anything you can squish with your fingers, such as scrambled eggs, noodles, smoothies, and milkshakes. NO CRUNCHY FOOD or food that is difficult to chew for 4 weeks.
- Activity: No contact sports for 8 weeks after surgery. **Do not pick or blow your nose for 2 weeks.** You can use saline nasal spray if your nose is dry or irritated. Elastic bands given to you after surgery should be taken off for oral hygiene and re-placed with a new elastic.
- Bathing: You may shower normally with soap and water. This can be done as early as the day after the operation.
- Follow-up appointments: Children are typically seen 2, 4, and 6 weeks after the operation. After 6 weeks, you may return to see your orthodontist and they will adjust your braces and elastics.

#### Things to let us know about:

- **Call the Office if:**
- Your child develops a temperature of **over 101 degrees** Fahrenheit (38.3 degrees Celsius) – it is not necessary to check temperatures after surgery unless you feel like something is wrong.
- Your child has **increasing redness, pain, weeping fluid, or swelling** at their surgical site. Swelling is normal for the first few days after surgery, but if swelling returns we would like to know.
- If you have any **vision problems**
- If you have **severe pain that is not controlled by pain medication.**
- **If you have any concerns or questions**, contact us. We are used to receiving questions from parents and can help you decide if something is normal or abnormal after surgery.

#### Contact Information:

##### IF YOU ARE SEEN AT SHRINERS HOSPITALS FOR CHILDREN:

- Main hospital: 773-622-5400
- Inpatient Unit: 773-385-5590
- Nurse practitioners: Marisa Foss, CNP: 773-385-5597, mfoss@shrinenet.org (Tues-Fri) Patty Engebretson, CNP: 773-385-5595, pengebretson@shrinenet.org (Mon, Tues, Thurs)
- Outpatient clinic nurses: Jill McGuigan, RN and Sandy Ritt, RN: 773-385-5503
- Care coordination: Tina Magnole, LCSW: 773-385-5826 and Krista Bauman, LSW: 773-385-5560
- EMERGENCIES: 911

##### IF YOU ARE SEEN AT UNIVERSITY OF ILLINOIS-CHICAGO:

- Main Hospital: 312-996-7546
- Outpatient nurses: Alma Moya, RN Med 312-996-2512 Linda Duffy 312-996-4119
- Appointment Scheduling: 312-996-7546

- Surgery scheduling: 312-996-9313
- EMERGENCIES: 911