Post-Operative Discharge Instructions: Corrective Jaw Surgery

Patient Name: [Patient Name]

Date of Surgery: [Date]

Surgeon: [Surgeon Name]

1. Wound Care and Hygiene

- Do not brush your teeth for the first [Number] hours.
- After 24 hours, use a soft baby toothbrush to gently clean the teeth.
- Rinse your mouth [Number] times daily with warm salt water or the prescribed antiseptic mouthwash.
- Do not use straws or spit forcefully.

2. Diet and Nutrition

- Maintain a strictly liquid or blended diet (no chewing) for [Number] weeks.
- Drink plenty of fluids to stay hydrated.
- Ensure high-protein and high-calorie intake to promote healing.

3. Swelling and Comfort

- Apply ice packs to the sides of the face for 20 minutes on/20 minutes off for the first 48 hours.
- Keep your head elevated with 2-3 pillows while sleeping.
- Expect peak swelling between days 3 and 5.

4. Medications

- **Pain Relief:** Take [Medication Name] every [Number] hours as needed.
- **Antibiotics:** Complete the full course of [Medication Name] as prescribed.
- **Nasal Spray:** Use [Medication Name] if nasal congestion occurs.

5. Activity Restrictions

- No strenuous exercise or heavy lifting for [Number] weeks.
- Do not smoke or use tobacco products, as this delays healing.
- Avoid blowing your nose if you had upper jaw surgery.

6. When to Call the Surgeon

Contact the office immediately if you experience:

- Fever over 101F (38.3C).
- Excessive bleeding that does not stop with pressure.
- Persistent nausea or vomiting.
- Difficulty breathing or sudden chest pain.
- Severe pain not controlled by medication.

7. Follow-Up Appointment

Your follow-up is scheduled for: **[Date and Time]**

Location: **[Clinic Address]**

Signed,

[Surgeon Signature]
[Department Name]