

Corrective Jaw Surgery

You are scheduled to have corrective jaw surgery at Humber River Hospital. The following are instructions on how to prepare for the surgery, what to expect on the day of surgery, and how to care for yourself after the surgery.

Please bring this booklet to ALL your appointments. Your surgeon and health care team will go through these instructions with you.

Surgery Date: DD / MM / YYYY

Surgery Time:

Please arrive 2 hours before your surgery to register.

If you have any questions or concerns before your surgery, please call your oral surgeon's office.

Please call the clinic as early as possible if you have any signs of a cold, fever (at or above 38.5 °C or 101.3 °F), or infection 48 to 72 hours before your surgery. We may need to re-book your surgery.



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HOW DO I PREPARE FOR THE SURGERY?

Please follow these instructions to prepare for your upcoming surgery.

1

Buy the following before your surgery:

- ☐ Gravol. You may take this if you feel nausea during your recovery period.
- ☐ Tylenol® Extra-Strength. After you have finished your prescription narcotic pain medicine, you may take this if you still feel pain or discomfort. This is available over-the-counter at your pharmacy.
- ☐ Dulcolax® or Colace®. The prescription narcotic pain medicine may cause constipation, so you may take these laxatives, if needed.
- ☐ Gel ice packs. You may use these to reduce swelling. You may also use frozen peas.

2

5 weeks before surgery

- ☐ See your orthodontist to place your final surgical wire or to remove the clear aligner attachments.

You must have this done before your visit with the surgical team.

3

4 weeks before surgery

- ☐ Attend the surgical team appointment. This visit may take 1 to 2 hours. During the visit, the team will:
 - Review the surgery with you. You may invite any family members that you wish to take part in the discussion. Please ask any questions you have.
 - Do x-rays, molds, photographs, and other records.
- ☐ Please let us know if you need an interpreter and we can arrange over-the-phone or video interpretation on the day of your surgery and during your hospital stay. We support over 170 languages, including American Sign Language (ASL).

Men must be clean shaven for this appointment.

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3 weeks before surgery

- ☐ Depending on your health and the surgery you are having, you may need a CT scan. You may also have an appointment to see a doctor or an anesthesiologist.
- ☐ See your family dentist for a general cleaning, as you will not be able to clean your teeth properly for the first 2 weeks after surgery.
- ☐ Enjoy your normal routine and savour your favourite meals as this will change for at least 1 month after surgery.

The final payment is due.**Unfortunately, there are no refunds for cancellations after this point.**

5

2 weeks before surgery

- ☐ **Stop taking aspirin, anti-inflammatories, vitamin E, or any herbal supplements.**

- These medicines may interfere with normal blood clotting and cause increased bleeding during the surgery. If needed, you may take Tylenol® (acetaminophen) for headaches or pain.

- ☐ **Stop smoking and/or using nicotine patches and gums.**

- Nicotine will delay your healing and increase the risk of complications. If you smoke or have been smoking recently, take 1000 mg of vitamin C every day.

**Examples of medicines to stop:**

Anti-inflammatories: Advil®, Motrin®, Aleve®, Ibuprofen®, Aspirin®, Bufferin®, Entrophen®, Fiorinal®, Midol®, 222's, 282's, 292's, Percodan®

Herbal Supplements: Gingko, Echinacea, Garlic pills, Ginseng, St. John's Wort, Primrose Oil, Cold F/X®

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1 week before surgery

- ☐ If you have braces, see your orthodontist. They will attach small hooks to your wires, which you will need for the surgery and for the first 4 weeks after surgery.

- ☐ **Stop drinking energy or power drinks** (such as Red Bull®/Monster®).
- ☐ **Stop drinking alcohol.**
- ☐ **Stop smoking marijuana.** Smoking marijuana increases your risk of bone infection.



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Starting the night before surgery



Follow these fasting guidelines closely:

☐ **The midnight before surgery:**

- ONLY water, Gastrolyte®, Hydralyte®, Pedialyte®, Gatorade®, and/or a drink your doctor may prescribe are allowed up until 4 hours before surgery.
- NO food, drink, candy, or gum.

☐ **4 hours before surgery:**

- NOTHING to eat, chew, or drink.



Taking food or drink incorrectly before surgery is very dangerous and can lead to vomiting and choking. We may also have to cancel your surgery.

If you have diabetes, please follow the specific instructions your doctor gave you regarding eating and drinking before surgery.

WHAT CAN I EXPECT ON THE DAY OF SURGERY?

On the day of surgery

- ☐ You may shower the morning of (or evening before) your surgery.
- ☐ You may brush your teeth on the morning of surgery, but do not swallow anything.
- ☐ If your surgeon has instructed you to take your medicines before your surgery, take them with a tiny sip of water only.
- ☐ Do not wear nail polish or make-up. Remove artificial nails.
- ☐ You may have 1 designated support person accompany you. **Do not bring small children.**
- ☐ Bring to the hospital:
 - ☐ Your **Ontario Health Card**, a **picture identification card**, and **private insurance cards**, if you have any.
 - ☐ **All the medicines you are currently taking**, including over-the-counter medicines, herbals, supplements, in original containers.
 - ☐ **All the paperwork** from your surgeon's office and **copies of any heart test results** from your doctor.
 - ☐ Your **CPAP machine** or **any oral appliances** for sleep apnea.
 - ☐ **Any mobility aids or equipment** as instructed (such as a walker, crutches, brace, ice machine).
 - ☐ You **may wear your eyeglasses, or contact lenses**, but bring the containers to store them. You will need to remove your contact lenses before your surgery.
 - ☐ **An overnight bag**, with sleepwear, comfortable shoes, and toiletries (toothbrush, toothpaste, comb, hairbrush, electric shaver, feminine supplies). Please leave the bag with your support person before your surgery. They can bring it to you after your surgery.

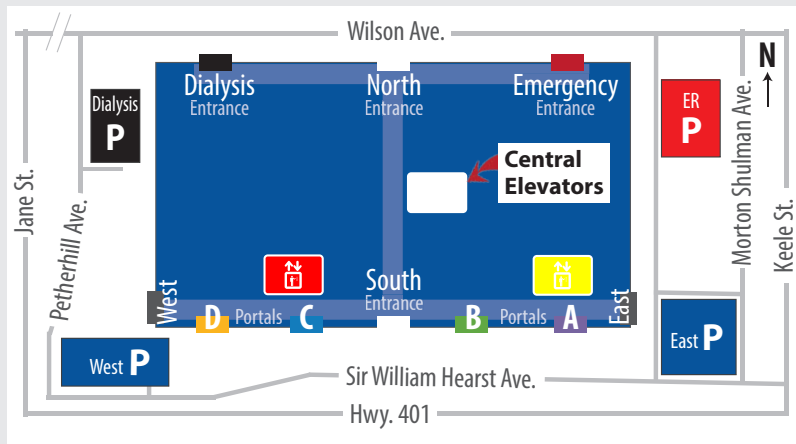
Leave all valuables and jewellery at home.



Go to Humber River Hospital

1235 Wilson Ave.,
Toronto, Ont. M3M 0B2

- Arrive 2 hours before your surgery.
- Take the **Central Elevators** to **floor 2**. Follow the signs to “**Surgical Registration**” to register.



At Surgery:

You will meet the anesthesiologist who will bring you to the operating room and guide you through the process. The surgery may take between 1 to 4 hours, depending on the patient and the surgery.

In the Recovery Room (PACU):

You will wake up from surgery in the recovery room. You can expect to have:

- The jaw we operated on be completely numb. You should not feel a lot of pain. Your face will start to swell right away and you may have some jaw stiffness.
- Small elastics holding your teeth together, which will help guide your jaw into your new bite.
- Small tubes in your nostrils that your anesthesiologist placed during surgery. One tube is to help you breathe and the other goes into your stomach to drain any fluids (to reduce/prevent nausea and vomiting). You may feel sore from the breathing tube, but this soreness will get better in time.

We will move you to a hospital room after about 1 to 2 hours.

During your Hospital Stay:

You may be at the hospital for 1 to 3 nights, depending on the procedure you had. During your stay:

- We will give you medicine:
 - » To help reduce the swelling
 - » For pain
 - » To help prevent infections.
- We will make sure that you are drinking as best as you can to keep hydrated.
- We will coach you to do some walking around, but it is best to remain as quiet as possible. Too much activity may make you nauseous.

At Discharge:

Make sure you have:

- Your SMART Discharge folder with your follow-up appointments and instructions to care for yourself.
- A friend or relative spend the first night with you.

WHAT CAN I EXPECT AS I RECOVER?

Pain: During week 1, you will experience some discomfort or pain.

WHAT TO DO: Take your prescription pain medicine as directed. If you take them properly, you will always be comfortable.

Swelling: You will have a lot of swelling over your cheek as well as down your neck. Swelling will often get worse for the first 4 days, and will slowly subside after 2 weeks. By week 3, most of the swelling should be gone. By 2 months, you should only have about 10 to 20% of the swelling left.

WHAT TO DO:

- For the first 3 or 4 days, apply the gel ice pack. Make sure to place a towel between your skin and the gel ice pack to prevent burns. Leave the ice on for 15 minutes and off for 15 minutes, while you are awake. The ice will also have a numbing effect so you feel more comfortable.
- After day 5, use a warm water bottle to help reduce swelling faster. The cold will no longer help to reduce the swelling at this time.
- If you still have swelling 3 months after surgery, speak to your surgeon.

Bruising: Bruising is normal. Depending on which jaw we operated on, you may have bruising around your upper cheek and eyes as well as your lower cheeks and down onto your neck. Some bruising may also extend onto your chest. Bruising should fade away after about 2 weeks.

Altered Hearing: During week 1, your hearing may be muffled due to some of the swelling extending into the ear area. This numbness or muffled sound is normal.

Joint Function: During week 1, you may hear noises on either side of your head, just in front of your ears. The sounds are coming from the joints that connect your jaw to your skull. This is normal as your joints get used to their new position.

By week 2, your jaw will be able to move a little more in its new position. It is normal to keep hearing noises, such as clicking or popping, coming from the joints. These joint noises and discomforts will continue up to about 3 months after surgery.

Numbness: If you had upper jaw surgery, the numbness in the upper lip and jaw area will start to fade by week 2 and you may feel itchy or have a “pins and needles” sensation as you regain the feeling in that area.

If you had lower jaw surgery, your lower lip area will continue to feel slightly numb and you may experience pins and needles up to 6 months after surgery. The numbness may become permanent in some spots.

Nasal Discharge: If you had upper jaw surgery, you may have red-brown fluid coming out of your nose. This is normal and happens when the blood clots from the healing process dissolve just behind the upper jaw.

If the fluid from your nose is bright red and brisk and does not stop after applying pressure, go to your nearest Urgent Care Centre or Emergency Department, or call Humber River Hospital at (416) 242-1000 and ask to speak to your oral surgeon.



HOW DO I CARE FOR MYSELF AFTER SURGERY?

Medicines:

PRESCRIPTION MEDICINE:

For the first week, take the following medicines prescribed by your surgeon, as directed.

For pain and swelling:	
Toradol (Ketorolac) 10 mg	Take 1 pill 4 times a day, for 7 days. You may swallow the pill with some liquid or crushed in applesauce
Hydromorphone elixir (Dilaudid) 1 mg	<i>Optional</i> - If Toradol is not enough to relieve your pain, you can also take this syrup. Take every 4 to 6 hours, as needed.
For sleep (to prevent any jaw clenching and grinding that may happen):	
Ativan 1 mg	Take 1 tablet before bed, for 7 days. After 7 days, you can take as needed. Place the tablet either in your cheek pouch or underneath your tongue and let it dissolve.
To prevent infection (if you had a bone graft during your surgery):	
Amoxicillin elixir 500 mg	Take 3 times a day, for 5 days. If you are allergic to penicillin, we will give you a different antibiotic.

OTHER MEDICINE:

- For the first 2 weeks, do not take **aspirin, anti-inflammatories, vitamin E or herbal supplements** (see p. 3 for examples). Taking these too soon may increase bleeding.
- After surgery, **birth control pills** or **hormone replacement therapy** may not be as effective. Use additional birth control methods, if needed.

Activity:

FOR THE FIRST 24 HOURS:

- Do not shower. You may shower on day 2. If you had surgery in your upper jaw, do not take hot, prolonged showers, as this may cause your upper jaw to bleed.

FOR THE FIRST 48 HOURS:

- Do not drive a vehicle or perform any task that requires coordination. The anesthetic causes drowsiness.

FOR THE FIRST WEEK:

- Do not smoke marijuana. Smoking marijuana increases your risk of bone infection.

FOR THE FIRST 2 WEEKS:

- Do not smoke cigarettes, cigars, or use nicotine patches and gums. Nicotine will delay healing and increase the risk of complications. Instead, take 1000 mg of vitamin C every day for 2 weeks.

FOR THE FIRST MONTH:

You will still be feeling slightly weak due to the surgery itself and the minor blood loss. Your blood vessels are also still healing from the surgery.

- Do minimal activity. We encourage you to do simple walking, stairs, and mild activity as this can help reduce swelling. Start slow.
- Avoid activities that can raise your blood pressure or pulse rate, or activities that move the head and neck too much. These include cardio, exercises, jogging, running or weight lifting. These activities may cause bleeding.
- We will let you know when you can start a regular physical exercise routine.

Diet:

FOR THE FIRST 2 WEEKS:

- Do not have alcohol.

FOR THE FIRST 5 DAYS:

Stay on a clear liquid diet. This is to make sure that food debris does not get into the wound.

- Clear liquids (you can see through) include Gatorade®, clear soft drinks (ginger ale, sprite®), clear soups (consommé, bouillon), Jell-O®, vitamin water, popsicles, coffee or tea (no cream or milk), or clear juices (cranberry, apple).

STARTING ON DAY 6:

Your diet will be still restricted to how wide your mouth can open and how many elastics are in your mouth. However, you can now start moving up to a more substantial diet.

- Start to add other liquids to your diet, including milk shakes, ice cream, soya milk drinks, yogurts, protein drinks and protein supplements, as well as nutritional supplements (such as Ensure®, Boost®, whey, protein powders, tofu)

STARTING ON DAY 11:

- Start a soft food diet. Eat anything that does not make any noise, such as pastas, rice, mashed potatoes, soft cheeses, egg products (scrambled, boiled, omelettes), puréed vegetables, meats, and fish of a similar consistency to baby food.
- Do not eat anything hard or that you will need to actively chew, such as tough meats, candies, popcorn, pretzels, peanuts, and nuts.
- Eat as much as you want to help increase your nutritional intake. You may have lost weight during the clear liquids diet, and now your body needs extra nutrition as you heal.

Mouth and Wound Care:

FOR THE FIRST WEEK:

- Use warm saltwater rinses (1/2 teaspoon salt in 250 ml (1 cup) of warm water). Rinse your mouth with saltwater as often as you would like, even up to every 2 hours. The more rinses you do, the cleaner your mouth will be and the faster your wounds will heal.

Do not brush your teeth for 5 days after surgery, otherwise you may damage the wounds and start bleeding. Your swollen cheeks would also make it difficult to brush your teeth.



STARTING ON DAY 5:

The swelling in your mouth will lessen and you can start to brush:

- Use a new toothbrush (size Small) and a small amount of toothpaste.
- Focus on keeping the teeth surfaces clean and carefully brush the metal braces and along the gum line.
- Spend at least 10 minutes in the evening before you go to bed to do a thorough cleaning of all the teeth and brackets. This will reduce any swelling around the gums and cheeks and make you feel better.
- Be careful not to injure the wounds with the head of the toothbrush. If you do hit the wounds, there may be a little bleeding, but this is normal and should not cause any worry.
- Continue rinsing your mouth with saltwater at least 3 times a day.

Elastics and TADs Care:

ELASTICS:

- The first set of elastics you will have in your mouth will be tight. These will stay on for 1 to 2 weeks.
- If any of the elastics break or you are unable to replace them, DO NOT WORRY. At the first follow-up visit, we will give you new elastics and instructions on where to place them.
- At each follow-up visit, we will replace them. We will reduce the amount of elastics you need over 2-months.

TEMPORARY ANCHOR DEVICES (TADs):

- Sometimes, the elastics hook on to little screws coming out of the gums. These screws are called TADs (Temporary Anchor Devices). They act as mini anchors for the elastics.
- There are no special care instructions for these anchors, just keep them clean with saltwater rinses.
- As they are temporary, it is okay if they loosen and fall out. This is not an emergency. Just let the surgeon's office know.

Physiotherapy:

FACIAL REANIMATION:

Do lip and cheek exercises, starting the day you get home and up to 1 month after surgery.

- These exercises strengthen the muscles in and around the mouth and nose area, reduce swelling in the area, and bring the life back to that area of your face.
- Exercises include: grimacing, pulling your lips apart, putting a pencil between your lips and trying to squeeze the pencil, smiling, and others.

JOINT EXERCISES:

After your first follow-up visit, start to exercise the joints:

1. Place warm packs over the right and left-hand side of your face for 10 minutes.
2. Gently massage the muscles above and below the joints on both sides for 20 seconds.
3. Then, slowly and passively open the jaw as much as you can. Do not do this forcefully. Stretch and hold for 10 seconds.
4. Rest your jaw.
5. Repeat steps 2 to 4 at least 20 times.

Do this exercise once in the evening. You can try to do more as you feel comfortable, but if you do it too many, you may get sore.

GOALS:

- By end of week 2, you should be able to open your mouth at least 1 finger-width.
- By end of month 2, you should be able to open your mouth 2 finger-widths.
- By end of month 3, you should be able to open your mouth 3 finger-widths.



WHEN ARE MY FOLLOW-UP APPOINTMENTS?

You will have follow-up appointments to see your oral surgeon after surgery. Your surgical team will provide these dates to you.

WHAT SIGNS AND SYMPTOMS SHOULD I WATCH FOR?



Contact your surgeon, if you have:

- Pain that does not get better, or gets worse, even after taking medicine
- Severe nausea (feeling sick to your stomach) or vomiting (throwing up)
- New swelling that appears 5 days after surgery
- A shift in your bite.



Go to your nearest Urgent Care Centre or Emergency Department, if you have:

- Nasal discharge (fluid from your nose) that continues to bleed bright red and brisk, even after applying pressure.

For emergency issues, you may also call Humber River Hospital at (416) 242-1000 and ask to speak to your oral surgeon.

