

Orthognathic Surgery Post-Operative Instructions

Thank you for choosing us for your orthognathic surgery. Proper post-operative care is essential for a smooth recovery. Please follow these instructions carefully and contact our office if you have any concerns.

1. Pain Management

- Take prescribed pain medications as directed.
- You may alternate ibuprofen (400-600 mg every 6 hours, not exceeding 3200 mg per day) and acetaminophen (500-1000 mg every 6 hours, not exceeding 4000 mg per day).
- Avoid aspirin, as it may increase bleeding.

2. Swelling & Bruising

- Swelling will peak within 48-72 hours and gradually subside over several weeks.
- Apply ice packs to the face (20 minutes on, 20 minutes off) for the first 48 hours.
- Keep your head elevated while resting and sleeping to reduce swelling.

3. Bleeding & Wound Care

- Some minor bleeding is normal for the first 24-48 hours.
- Avoid spitting, using straws, or vigorous rinsing to prevent dislodging clots.
- Keep incisions inside the mouth clean by rinsing gently with warm salt water (½ teaspoon salt in 8 oz. of water) after meals.

4. Diet & Nutrition

- Stick to a liquid or soft food diet for at least 2-6 weeks as instructed by your surgeon.
- Drink plenty of fluids to stay hydrated.
- Avoid hard, chewy, or crunchy foods that may stress the jaw.

5. Oral Hygiene

- Brush teeth gently with a soft-bristled toothbrush, avoiding surgical areas for the first few days. You may begin brushing the day after surgery.
- Use prescribed antiseptic mouth rinse and antibiotics if provided.
- Rinse with warm salt water multiple times a day to maintain cleanliness.

6. Activity & Restrictions

- Avoid strenuous activities, heavy lifting, and bending over for at least 2 weeks.

- Do not smoke or drink alcohol, as they can slow healing.
- Resume daily activities gradually, listening to your body's signals.

7. Signs of Complications

Contact our office immediately if you experience:

- Persistent bleeding that does not subside after applying gentle pressure.
- Severe pain not relieved by prescribed medications.
- Difficulty breathing or swallowing.
- Fever over 101°F (38°C), chills, or signs of infection (pus, foul odor, or excessive swelling).
- Numbness lasting beyond the expected healing period.

8. Follow-Up Appointments

- Attend all scheduled follow-ups so your surgeon can monitor healing and make necessary adjustments.
- Your orthodontist will continue post-surgical care to finalize bite alignment.

If you have any concerns or need assistance, please call our office. We are here to support you throughout your recovery!