

WHAT IS LEFT TO BE DONE ORTHODONTICALLY AFTER SURGERY?

With the use of elastics and different archwires, we will complete final bite detailing. There is often some space closure and final root positioning left to be done the last few months as well. Cooperation from the patient during this time will play a large part in the completion of treatment. Please remember we want your results to be as excellent as possible. So please be patient; we want to do a good job!

USEFUL TIPS

You will receive a list from the surgeon or hospital before of the things you need to take with. If u have any questions please contact the hospital where you are having the surgery done.



The use of an icepack is highly recommended. These can be bought at pharmaceutical stores.

It is also a good idea to use a topical gel like , Traumeel gel for swelling and bruising after the surgery.



Traumeel tablets, if prescribed by your surgeon, can be crushed and taken with pain medication, which will help with the healing process.

Oral Hygiene

- * Brushing and flossing will be difficult during the first few days following the surgery
- * The use of Chlorhexidine products is highly advisable and is available in our Oral hygiene kit.



* Refraining from cleaning will cause a gum infection. White spots will form on the enamel of your teeth, which leads to cavities.

* Salt water solution (Ora Salts) can be used for Oral Hygiene problems



For more information, visit us on www.pretiriasmile.com



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Post Surgery Instructions



Your **guide** to caring for yourself after Jaw Surgery

Dear Patient,

Congratulations on making this important decision to go for jaw surgery.

To make your recovery journey a little bit easier here is some helpful information.

FREQUENTLY ASKED QUESTIONS & ANSWERS

HOW MUCH PAIN or DISCOMFORT WILL I EXPERIENCE?

Pain varies from individual to individual. Discomfort is to be expected and generally lasts 2-3 weeks. It is more noticeable the first few days after your surgery, but you will feel an improvement every day. Your surgeon may prescribe some medication to help minimize this uncomfortable feeling.

WILL THERE BE ANY SCARS?

No, all procedures are done inside your mouth and are approximately one centimeter long, so no outside scars should be expected.

WILL MY TEETH BE TIED TOGETHER?



Our surgeons make use of rigid internal fixation, which eliminates the need to wire the jaws together. You may begin to open and close your mouth, fairly normally, right after your surgery.

WHEN WILL I BE ABLE TO EAT SOLID FOODS?

Immediately following surgery your diet is limited to soft foods.



Because the muscles in your mouth are not very strong immediately after the surgery, and your new bite feels different, it may be more difficult to chew. Foods such as breads and most meats will be difficult to eat.

HOW LONG BEFORE I WILL FEEL COMFORTABLE GOING OUT IN PUBLIC?

As far as your appearance is concerned, any bruising that may occur will be gone after a few days. Swelling, however, takes longer to dissipate, but most will be gone after approximately 2 weeks.

HOW LONG WILL I MISS WORK OR SCHOOL?

Upon recommendations from your surgeon, the average patient is able to resume daily activities after approximately 1 - 2 weeks, in moderation.

WHEN CAN I RESUME EXERCISING?

It is necessary to gradually build back up to your exercise routine. It is recommended that you follow your surgeon's instructions with certain contact sports being prohibited. Remember to use a mouthguard when participating in contact sport.



WILL IT BE DIFFICULT TO TALK AFTER THE SURGERY?

You should expect some soreness in conversations; however, the more you talk, the more you exercise your weakened muscles and aid your recovery.

HOW SOON AFTER SURGERY WILL I GET MY BRACES OFF?

This depends on the complexity of the procedure. You can insure that your braces come off as soon as they can by keeping appointments and wearing elastics as prescribed.