



Post op Jaw Fracture Instructions

- Maintain all liquid diet for 6-8 weeks
- Reference our dinner through a straw book for blended food recipes just without straw
- We will supply syringes to put medication/liquids/blended foods in as well as tubes that attach to syringes so you can push fluid through tube like a straw, but you can also drink from a cup
- Keep your head elevated above your shoulders when resting or sleeping to help reduce swelling for first 72 hours
- Icing will help reduce swelling. Continue icing 20 minutes on and 20 minutes off for the first 48 hours after surgery
- Avoid bending over or lifting objects for 2-3 weeks following surgery
- Avoid unnecessary activity for the first 72 hours other than a short walk several times per day. Longer walks can be started after the first 3 days
- For 2-3 months, avoid activities where direct physical contact or injury are possible
- No lifting over 30 pounds for 6-8 weeks
- Maintain Good Oral Hygiene:
Gently brush your teeth with a soft toothbrush and rinse with warm salt water and peridex mouth rinse twice daily
- If dental wax is provided to help with sores from the wires be sure to remove the wax prior to brushing your teeth. Replace with new wax after brushing as needed.
- Drink plenty of fluids to stay hydrated
- Ensure adequate nutrition with a high-calorie, high-protein liquid diet
- Keep wire cutters on you at all times when wired shut. If you cut the wires or break free please call our office
- Do not force solid food in and around teeth. If you vomit you can choke or die with solid food
- Avoid Alcohol and Smoking: Refrain from alcohol and smoking, as they can interfere with healing and cause complications
- Start with taking Ibuprofen that we prescribed and if needed follow instructions and dosage of prescribed pain medication
- Do not drive while taking pain medication: Pain medication may make you groggy and slow down your reflexes

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