

**HOME CARE AFTER MAXILLOFACIAL SURGERY: ARTHROPLASTY AND SKIN INCISION**

Please follow the guidelines below. Call your doctor if you notice any unusual symptoms. Please remember that you are under the influence of medication post-surgery; therefore, do not drive, drink alcoholic beverages, sign legal documents, or make any major decisions during the next 24 hours.

**WOUND CARE & ACTIVITIES**

- Use ice compresses to your face for the first 24-48 hours.
- Your incision(s) can be cleaned with diluted hydrogen peroxide and water on a Q-tip® to keep the incision line free from blood and scab.
- Keep your incision moist with Cortisporin® or Polysporin® ointment.
- Your face can be swollen and bruised for 2-3 weeks after surgery.
- Scars may be redder and more noticeable 2-3 weeks following surgery. They will gradually fade to thin lines. Start to lightly massage your scar at 2 weeks.
- Do not submerge incisions into water. You can shower but do not submerge incisions.
- YOUR SUTURES WILL BE REMOVED AT YOUR 1-WEEK FOLLOW-UP APPOINTMENT.
- Only normal range of motion until instructed by your doctor on when to engage in increased physiotherapy and range of motion exercises.

**AVOID**

For 1 month, avoid prolonged exposure to sunlight on facial incisions (sun exposure can create your scars to not heal as well). \*\* Please apply sunscreen to your scar when outside in the sun for 1 year.

**DIET & MEDICATION**

- Eat only SOFT foods (e.g., scrambled eggs, mashed potatoes, etc.) for the next 6 weeks or until otherwise notified by your doctor.
- You may take your regular medications unless otherwise instructed by your doctor.
- Use prescriptions as prescribed.

**CALL YOUR DOCTOR IF YOU HAVE ANY OF THE FOLLOWING**

- Any signs of infection
- Fever over 38.5 C
- Excessive swelling
- Excessive bleeding or drainage
- Pain medication not effectively relieving pain