

PRE- AND POST-OPERATIVE INSTRUCTIONS: JAW SURGERY

At your pre-operative appointment, your oral surgery assistant will review post-operative jaw surgery instructions that cover diet, hygiene, and the use of elastics after jaw surgery, as well as dressings, physical activity, and jaw surgery exercises. A post-operative jaw surgery care booklet will also be given to you.

BEFORE SURGERY

- Pick up your prescriptions from the pharmacy.
- Take Decadron® doses the night before surgery (if prescribed).
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.**
- Brush your teeth before you come to the hospital.
- If you have long hair, put it into two pigtails.
- Remove fingernail polish, makeup, and mascara.
- If you are having outpatient surgery in the office, wear a shirt or blouse that does not need to be pulled over your head.

AFTER SURGERY

The following medicines and supplies may be helpful after surgery:

- **Pain medication:** Pain medicine should be taken as needed. You may take 400-600mg of ibuprofen (Motrin®, Tylenol®, etc.) every 6 hours in addition to or instead of your prescription pain medication. While taking prescription medication, do not drive or operate heavy machinery. Be sure to eat something prior to taking pain medicine to reduce nausea.
- **Antibiotic prescription:** Antibiotics should be taken as directed until gone. Be aware that some antibiotics can reduce the contraceptive effect of birth control pills. Please contact your gynecologist or pharmacist if you have concerns.
- **Nausea medication:** Nausea medicine should be taken as needed. You may take the nausea medication in conjunction with the pain medication to help with discomfort. While taking this medication, do not drive or operate heavy machinery.
- **Medicine for decongestion:** You may use Neosynephrine® long-acting nasal spray, salt water nasal spray (saline or Ocean® spray), or decongestant medication (Sudafed®, Mucinex®, etc.).
- **Lip Moisturizer:** Stop hydrocortisone after 2 days, then continue with Vaseline®.
- **Fiber Supplement:** You may use Metamucil®, Miralax®, or a similar product. Call the office if this is not effective within 2 or 3 days.
- **Sleeping Medicine:** Call the office if you are having problems sleeping.
- **24 Hour Antacid** (Nexium®, Prilosec®)