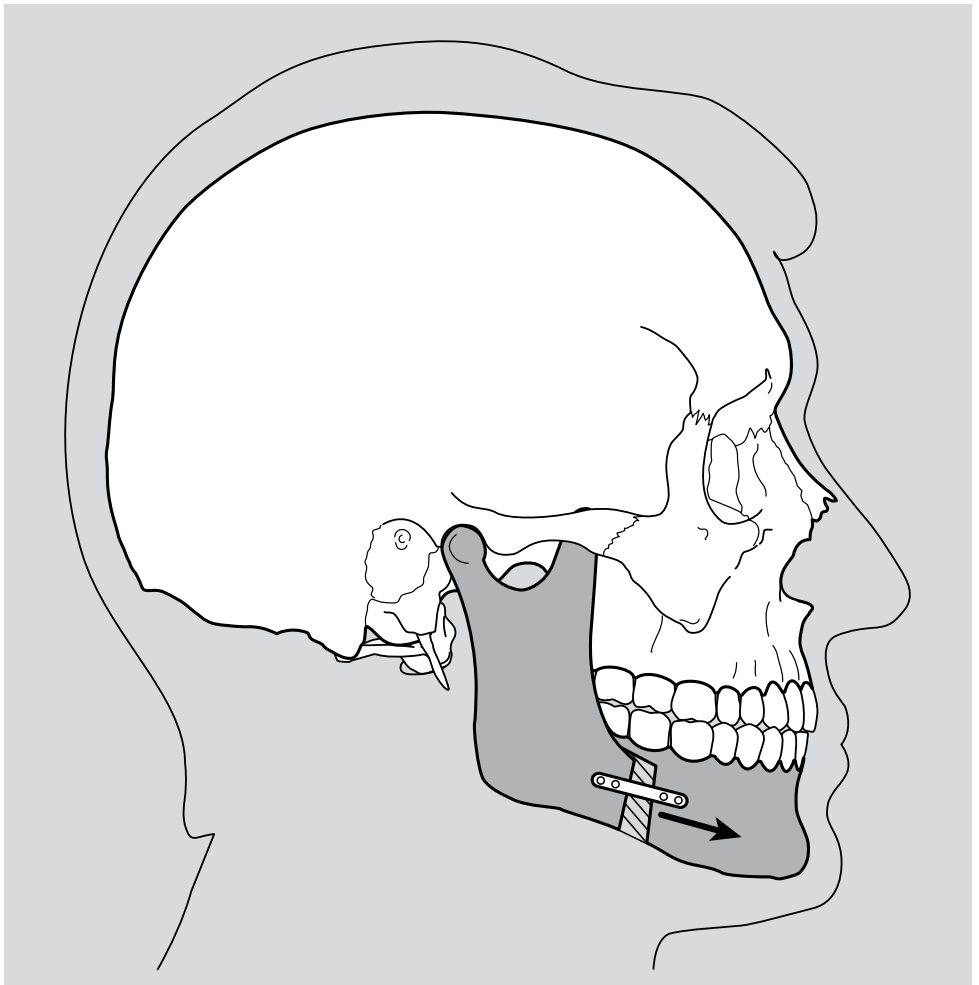


Oral and Maxillofacial Surgery

Jaw surgery

Information for patients



Jaw surgery and your hospital stay

This leaflet tells you about your jaw surgery and what will happen during your stay in hospital.

Your orthodontist is:

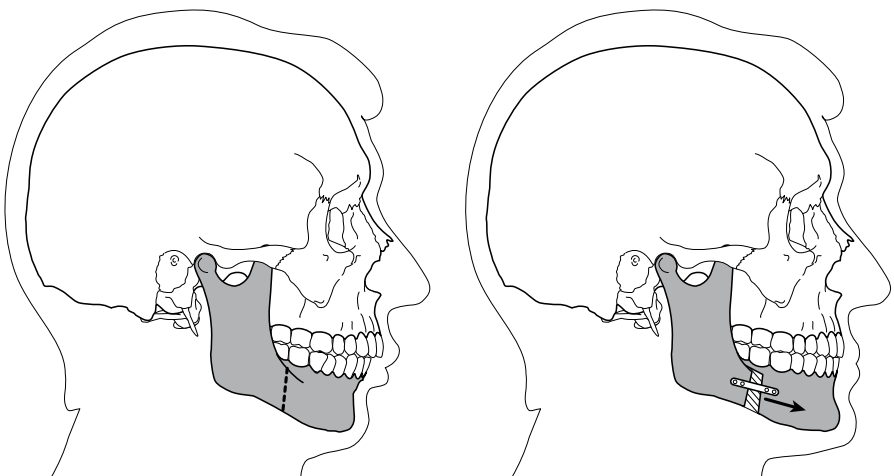
Your surgeon is:

Your surgery date is:

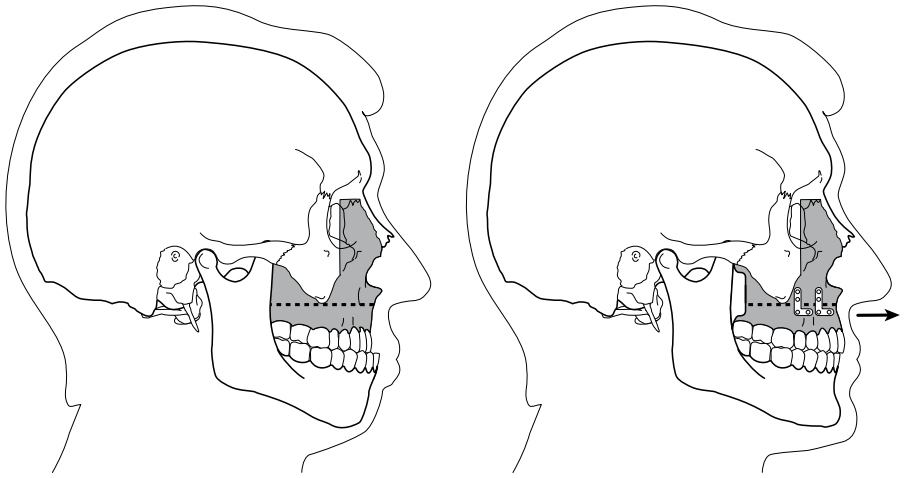
Preparation for your operation

Your jaw surgery may be on either your upper or lower jaw (single jaw osteotomy), or both jaws (bimaxillary osteotomy). You are likely to be in hospital for 2 – 4 days, depending on your progress and how quickly you recover from the operation.

Before your operation a number of additional appointments are necessary so that we can plan your operation in detail. We will need to take a set of impressions (moulds) and further measurements. This usually requires two appointments before your operation.



Mandibular advancement osteotomy



Le Fort I osteotomy

Anaesthesia

The operation is carried out under general anaesthesia (you will be asleep) and will take 2-5 hours.

Pre-assessment clinic

We will also ask you to come for an appointment at the Pre-assessment Clinic. This is an important appointment when we will make final decisions about your operation. It is essential that you attend. **If you miss this appointment, your operation may be delayed.**

What are the risks?

Your surgeon will discuss the risks of the operation with you in fine detail and will give you additional written information from the British Association of Oral and Maxillofacial Surgeons and the British Orthodontic Society.

Admission

You will be admitted to the John Radcliffe Hospital on the day of your surgery.

The anaesthetist will usually see you and explain the anaesthetic to you and also discuss with you how any pain you might experience after the operation will be treated.

The surgeon will explain the details of your particular operation, including the risks, before asking you to sign the consent form. (We need your written consent before the operation can go ahead – this may be done at your pre-assessment appointment.)

After your operation

You will wake up in the recovery area next to the operating theatre. The recovery nurses will monitor your pulse, blood pressure, temperature, and pain levels. As soon as you are stable, you will be taken to the ward. You may be able to drink water immediately you return to the ward and eat the next day. Some patients may need an extra day or two before they can eat and drink.

Pain relief

We will give you pain relief and anti-inflammatory medication, and also antibiotics to reduce the risk of infection. These will be in soluble or liquid form. The anaesthetist will usually discuss this with you.

Swelling

Swelling around your jaws is most noticeable for the first 48 hours after your operation and we may give you ice packs to help reduce this. After 48 hours the swelling will reduce further but it may take several weeks to disappear completely.

Stiffness

Stiffness of the jaw is common and you will not be able to open your mouth fully for a few weeks.

Diet

You will only be able to eat soft food for the first few weeks after your operation – e.g. soups, purees & smoothies. Drinking through a straw at first may help.

Numbness

Numbness around your jaw area is usual and this will usually return to normal over a period of a few months. In some cases numbness can be permanent – see section on risks.

Dry lips

You will need to use lip balm or Vaseline frequently to prevent your lips from becoming dry and cracked.

Blocked nose

You will have a blocked nose and blood stained discharge from your nose or mouth for a few days. This is normal. **DO NOT BLOW YOUR NOSE** after your operation.

Feeling low

This is normal after this operation, often on or about the third day. You may even feel tearful – again this is normal.

Oral hygiene

This is extremely important to aid a fast recovery and prevent infection.

- If you need to take any **medication after your operation** we will give this to you in a liquid form.
- **No smoking.** Smoking significantly reduces blood supply in the mouth and slows down the healing process. Patients who smoke are at a much higher risk of infection and problems after the operation.
- **Tooth brushing** with a soft brush as soon as possible after your operation is recommended. Although uncomfortable, this will be useful for your oral health and will not cause you any harm. You may find it useful to use a child's toothbrush.
- We will give you a **mouthwash** to use as directed until your next appointment.
- You will also need to use **warm salty mouthwashes** regularly.
- The **stitches** are dissolvable and can take up to 4 weeks or more to disappear. It is best to leave the stitches alone.
- **Fixed braces** are normally removed approximately six months after your operation. Simpler retainer braces will then be fitted.
- **Avoid alcohol**

Before you leave hospital

Before you go home we will advise you about diet. You will also be seen by the Orthognathic team who may take x-rays and fit elastics to your braces to help guide your teeth in their new position. You may need to wear elastics on your brace for several weeks after your operation.

Going home

You must arrange for someone to take you home. It is essential for someone to be at home with you and look after you for the first week after leaving hospital.

The following checklist will help you to ensure you have the things you need at home:

- Choose clothes that are easy to wear. Pulling clothes over your head may be awkward at first
- Salt – for the salty mouthwashes
- Make sure you have a blender so that you can puree your food. Soups, smoothies and ice cream are all easy to eat. Straws are helpful.
- Remember to keep drinking plenty of fluids
- Ice packs for swelling
- Baby-sized toothbrush and some fluoride mouthwash
- Vaseline or lip balm for dry lips
- Some good DVDs – and any other treats!
- Stitches: If you have skin sutures you will need to make arrangements to have these removed at your GP surgery.

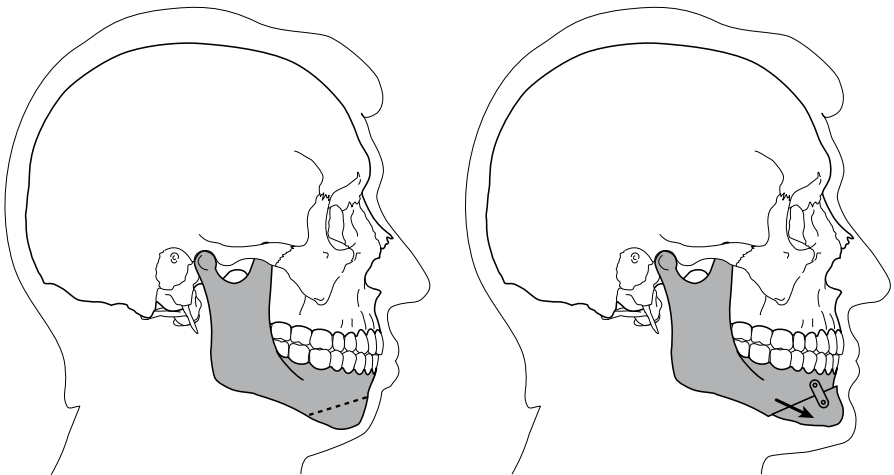
Follow-up

You will need several follow-up visits, probably weekly at first.

After that the Surgical and Orthodontic teams will follow your progress at regular intervals: at one, two and five years after your surgery. At these review appointments, we will take impressions for study models. We may also take up to date photographs and x-rays.

If you do not receive a review appointment after your operation, please contact the secretaries in **your** hospital on the following numbers:

Oxford	(01865) 743101
Amersham	(01494) 734296
Stoke Mandeville	(01296) 315691
Reading	(01189) 877668



Genioplasty

Returning to work

You will probably need to be off work or school for 2-4 weeks. Before you leave hospital you will be given a sick note. You should contact your GP if you need an extension to your sick note.

Further information

The British Orthodontic Society website has some good information on jaw surgery. They also produce a DVD which we have a copy of in the Oral and Maxillofacial Surgery department. Go to:

www.bos.org.uk/publicationslinks/patientinformationleaflets/orthognathicsurgery.htm

Useful contact numbers

If you need advice before or after your operation, please telephone your surgeon's secretary on the numbers below between Monday-Friday, between 9am - 5pm:

Mr Currie's secretary (01865) 743105

Mr Saeed's secretary (01865) 743102

Miss Dhariwal's secretary (01865) 743105

Mr Anand's secretary (01865) 572925

In an emergency or out of hours:

Please telephone the John Radcliffe Hospital on:

(01865) 741166, and ask for the on-call Maxillofacial Senior House Officer, bleep number 1049.

There is always a member of staff on site 24 hours a day, including weekends and all bank holidays for advice and emergency treatment

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call **01865 221473** or email **PALSJR@ouh.nhs.uk**

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