



Fairfax Oral and  
Maxillofacial Surgery

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## DISCHARGE INSTRUCTIONS FOR FRACTURED JAW

Today we examined and treated you for a fractured jaw.

### What to expect after surgery:

- *Swelling (Peaks in 2-3 days)*
- *Numbness due to anesthesia for up to six hours*
- *Discomfort for several days*
- *Facial Pressure*
- *Bruising*
- *Fatigue*

### Please follow these instructions:

- *Drink plenty of fluids*
- *If not wired, have mostly liquids the day of surgery and a soft diet until otherwise directed by your doctor.*
- *If wired, have only liquids and eat six to eight times a day.*
- *Avoid hot liquids while still numb.*
- *To reduce swelling, elevate head and apply ice to the face, use moist heat to reduce swelling after the first 24 hours.*
- *Limit activities the day of surgery.*
- *No contact sports until released by your doctor.*

### Antibiotics and Pain Medications

Have any prescriptions filled promptly and take as directed. Non-narcotic medications (*Motrin, Advil, Ibuprofen, Tylenol*) should be taken as soon as possible and repeated as prescribed for the first several days. Narcotic pain medication can be taken in addition if pain relief is not adequate. However, when narcotic pain medications (*Percocet, Vicodin, Tylenol #3*) are taken, you should not operate automobiles or other power equipment. Antibiotics, when prescribed, should be taken as indicated until gone. If a rash or swelling develops, discontinue the antibiotic immediately and call the office to inform your doctor.

### Oral Hygiene

It is important to maintain oral hygiene during the healing phase of your fracture. Be very diligent about brushing between meals to avoid tooth decay while your fracture heals.

### Call your Doctor if:

- *You have signs of infection*
- *You experience sudden swelling*
- *You have a fever*
- *You have a reaction to any of the medications*
- *Pain increases and/or your condition worsens*
- *You have any questions regarding the surgery or post-surgery instructions. If calling after business hours, you will be directed to an after-hours answering service at 703-476-3708 and a doctor will promptly return your call.*

Discharged by: \_\_\_\_\_