

ISLAND ORAL FACIAL SURGERY

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POSTOPERATIVE JAW SURGERY INSTRUCTIONS

Swelling

After jaw surgery it is expected you will experience some swelling and discomfort. It is important to remember that your swelling will peak on the 3rd to 5th day after surgery. It is possible for the swelling to be significant. Swelling is only ever a concern if it impairs your ability to breathe properly. This is rare. Ice compresses on your face after surgery will be a big help and are especially important in the first 48 hours after surgery. After 5 to 7 days, warm moist compresses are helpful on the face to help reduce some swelling and reduce any bruising.

Elastics

You may have elastics on your teeth. Your teeth will have been placed:

- A. Tightly together
- B. Loosely together.

You will have been told about this by your surgeon. Scissors may be used to release the elastics in the case of emergency. The types of emergencies that would require removal of elastics would include things like airway difficulties due to an allergic reaction to a medication. Losing an elastic is not an emergency. Don't be tempted to open wide and chew if your jaws can move well. Let your surgeon know about lost elastics the next business day.

Nausea with vomiting is not necessarily a reason to remove your elastics. If you remove your elastics, the surgeon should be notified the next business day as harm may come to your jaw if you were meant to be in elastics after the surgery.

MEDICATIONS

You will have been prescribed a number of medications:

Narcotic – a narcotic likely will have been prescribed. Liquid morphine or codeine works best if supplemented with Tylenol. Tylenol liquid is also called Children's Tylenol and can be purchased over the counter at the drugstore. For adults, the volume of Children's Tylenol may be large and you should ask the pharmacist to clarify the amount that is appropriate for your age and weight. Tylenol rectal suppositories are highly effective and again you can ask your pharmacist. Suppositories are appropriate for people who can't tolerate the sweet taste of Tylenol liquid or when there is nausea.

Mouth rinse – you will likely have been prescribed Chlorhexidine mouth rinse. This mouth rinse is very effective in keeping the mouth clean, especially on the inside of the teeth where you can't necessarily brush. Staining of the teeth much like coffee would stain teeth is seen in some individuals and is not a permanent problem. You must still brush the outside surfaces of your teeth! Start brushing the day after surgery.

Anti-inflammatory medicines (ASA, Ibuprofen, Advil, Motrin)

A. You had lower jaw surgery. Use Ibuprofen 400mg every 5 hours for 2 to 4 days after the surgery. Between these doses you can use plain Tylenol or Tylenol with narcotic to “fill in the gaps” and better control your discomfort. Take Ibuprofen with 8 ounces of fluids and stay upright for about 30 minutes. This will help to prevent stomach irritation.

B. You had upper (+/- lower jaw surgery) - Do not use anti-inflammatory medicines for at least 2 weeks after surgery. Also avoid any herbal blood thinners like garlic, ginseng and Vitamin E. We want to avoid any excess bleeding.

Nausea

A good way to deal with nausea is to use Gravol as either a pill, liquid or rectal suppository. Consult your pharmacist.

Activity

Be careful not to overdo it --- return to light exercise in 7 to 14 days and more strenuous exercise in 3 to 6 weeks. Remember, it takes 6 weeks to heal a bone.

Emergencies

Bleeding is the main concern. It is normal immediately after surgery but is uncommon once you have been discharged from the hospital. If you have had upper jaw surgery and have persistent fresh bleeding once you are home, this should be reported to your surgeon. “Old blood” will wash from your sinuses after upper jaw surgery for a few weeks after surgery and this is normal. If there is persistent fresh bleeding, you should remove your elastics, report to your local hospital's Emergency Room, and have the Emergency doctor call the surgeon.

Final Note

Your main job description after jaw surgery is rest – hydration and nutrition – good hygiene.

Make an appointment to see your surgeon a week after the surgery. Thank you!

Nutritional Care Guidelines:

1. Food Variety:

Choose a variety of foods according to Canada's Food Guide to obtain all the essential nutrients you require for healing and avoiding taste fatigue arising from the overuse of any one food. (Canada's Food Guide attached)

2. Weight Maintenance:

Monitor your weight for weight loss. It is not unusual to experience a 5-8 lbs. weight loss the first week. Prevent unwanted weight loss that may compromise healing by eating a minimum of three (3) meals and snacks. Snacks can include milkshakes or liquid nutritional supplements such as Ensure™, Boost™, Sustacal™ and Nestles/Carnation Breakfast Anytime™. (Many of the nutritional supplements are expensive. Taste test them before purchasing a large supply to ensure acceptability.) If weight loss is a problem, avoid food items that contain few calories e.g. clear soup, tea or coffee, diet soft drinks, and low-calorie varieties of Jell-O™, fruit drinks or iced tea. These foods will fill you up and take the place of foods that are more nutrient dense.

3. Vitamin supplementation:

If you are having difficulty eating a variety of foods, you may want to take a liquid multivitamin. Check with your pharmacist regarding acceptable brands.

4. Fluids and Fiber

To avoid or relieve constipation, drink at least 10 cups of fluid per day. Plan your diet to be high in fibre by eating more pureed/mashed fruits and vegetables from fresh, canned, or frozen sources. Drink fruit shakes; make pureed soups and meals using beans and lentils. After the first week, add wheat and oat bran to hot cereals during cooking.

5. Food Texture:

You will require about 8-10 cups of fluids per day of which at least half is to be from nourishing foods.

Week One: Your jaws may be held together and shut with tight elastics allowing only liquids that are smooth and thin enough to pass through a strainer. Sip from a cup, use a spoon or a syringe. When tolerated, a straw can also be used.

Week Two to Six: Tight elastics will be replaced with looser ones. However chewing is not permitted. Foods must be of liquid to pureed (e.g. baby food) to mashed consistency with nothing harder than a scrambled egg. Initially it may be necessary to strain foods to remove excess fibre and lumps. Generally, at the end of six (6) weeks you may return to your normal diet.

6. Food Preparation and Suggestions:

A Blender will be required. (Many food processors do not adequately puree foods.) Blenderized foods may be milder in flavour and require flavour enhancing. It is suggested that you try several of the recipes prior to surgery. Allow greater time to eat as feeding by syringe takes longer.

- Consider the use of convenience foods such as portioned puddings, canned entrees.
- Consider preparing and freezing individual portions prior to surgery.
- Determine the volume of food to blenderize by placing the desired portion of food on a plate. Add seasonings, then transfer food to the blender. Choose a liquid that enhances the flavour and

aroma of food such as cooking liquids from meats and vegetables, fruit juice, broth, milk, gravy, sauces and water, and blenderize to the desired consistency.

- Avoid frying or over cooking foods as this makes them hard to blenderize.
- When re-heating food, avoid overheating which can result in a crust or skin forming that is hard to blend.

7. Food Safety:

Test the temperature of hot foods before you eat them. Store leftover blenderized meals and shakes in the fridge. Discard after 24 hours. Avoid using raw eggs in drinks.

8. **Alcohol and smoking** are not permitted after jaw surgery due to complications that may arise.

Blenderized Diet¹

Description:

Whole or liquid foods that are blenderized so they pass easily through a straw or syringe or may be swallowed without chewing.

Type of Food	Foods that Blend Well	Foods That Do Not Blend or Strain Well
Milk and Milk Products	All milk and milk beverages. Cream. Plain or flavoured yoghurt.	Yoghurt or milk drinks with nuts or seeds.
Breads and Cereals	<i>Breads and Baked</i> Products can be blended but lose a great deal of their appeal. Make with 'foods that blend well'. Tapioca, pasta. <i>Cereals:</i> Hot or cold cooked and ready to eat cereals.	Coarse whole grain breads (e.g. cracked wheat or multigrain breads, or breads with nuts, seeds or dried fruits) Granola, Red River and other coarse whole-grain cereals. Fried rice. Fried noodles.
Meat, Fish, Poultry and Alternates	Cooked, tender meat, fish, poultry. Infant strained meats. Eggs Cottage and Ricotta cheese. Cream cheese. Melted cheese as a flavouring in other foods. Cooked legumes (beans, peas or lentils). Tofu	Fried or over cooked meats as they are hard to blenderize. Sausages or wieners with tough skins. Skin of poultry Fish with bones. Anchovies. Fried eggs. All cheeses except those classified as 'foods that blend well'. Nuts, crunchy peanut butter
Fruits and Vegetables	All cooked or canned fruits without skins or seeds Fresh peeled apples, apricots, bananas, melons, peaches and pears. Fruit and vegetable juices. Well cooked or canned vegetables except those that 'do not blend well'	Fruits with seeds, membranes, or tough skins (e.g. strawberries, raspberries, watermelon, tomato, orange and grapefruit sections, cherries, grapes). Dried fruits. Raw or fried vegetables. Vegetables with seeds, membranes or tough skins. Celery, corn.
Soups	Bouillon, consommé. All blended, strained stock or cream soups.	None

Type of Food	Foods that Blend Well	Foods That Do Not Blend or Strain Well
Fats and Oils	Margarine, butter, melted fats, oils, mayonnaise. Smooth sauces or gravies.	None
Desserts and Sweets	Smooth milk or gelatin desserts and puddings made with 'foods that blend well'. Sherbets, plain ice cream. <i>In moderation:</i> Sugar, jellies, seedless jams, honey, syrups.	Desserts or baked goods with nuts or seeds, coconut or chocolate chips. Marmalade.
Beverages	Calcium fortified soy and rice beverages. All others.	Those made with foods that do not blend or strain well.
Other	Ground spices or herbs. Flavourings. Tomato paste. Mustard, tomato catsup and other smooth condiments.	Nuts, coconut, seeds. Popcorn. Chocolate chips. Relishes.

Sample Menu

Breakfast:

Fruit Juice (Vitamin C – enriched)
Cereal Drink (see recipes)
Yoghurt
Beverage (optional)

Morning Snack

See snack suggestions list

Lunch

Soup
Savory Drink (blended main entrée)
Fruit Drink (blended dessert)
Beverage (optional)

Afternoon Snack

See snack suggestions list

Dinner

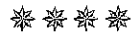
Vegetable Juice
Savory Drink (Blended main entrée such as stew, chili, ravioli, spaghetti)
Fruit Drink (blended dessert)
Beverage (optional)

Evening Snack

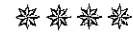
See snack suggestions list

Snack Suggestions:

Fruit-nog, milkshake, commercial eggnog, yoghurt shakes, Fruit smoothies
Blended leftovers, blended cold cereal with milk
Ovaltine™, flavoured milks.
Boost™, Ensure™, Fruitango™, Essentials™, Nestle/Carnation Breakfast Anytime™



MY SHOPPING LIST



Milk and Milk Products

2%, homo milk, fresh/sour cream
ice cream, sherbet
Cottage or Ricotta cheese
Yogurt & yogurt drinks (no seeds/nuts)
Skim milk powder

Fruits and Vegetables

bananas
canned peaches, fruit cocktail,
pears, apricots, applesauce
Fruit and vegetable juices
Vegetables that mash well (potatoes,
yams, squash, carrots, sweet potato,
Tofu or calcium fortified soy
and rice beverage
Baby food vegetables & fruits

Canned Goods

canned gravy
Canned dinners suitable for pureeing
i.e. stews, chili, ravioli, spaghetti

canned soup (chunky)
Canned vegetables

Other Foods

Commercial milkshakes & eggnogs,
nutritional supplements, Carnation's
Breakfast Anytime™,
Puddings, milk flavourings

Meat, Fish, Poultry and Alternates

Baby food meats
macaroni & cheese dinners
Tender meat, poultry, fish
eggs
canned - salmon, tuna, chicken, ham

Breads and Cereals

Oatmeal, cream of wheat
cold cereals
Pasta, rice suitable for pureeing

Cookies that go mush in milk:
social tea, arrowroots
shortbread

Frozen Goods

frozen dinners suitable for pureeing
Macaroni & Cheese, pasta with sauce,
Or meat with gravy, mashed
potatoes,

Non-Food Supplies

Blender
Strainer

Recipe Suggestions for Blenderized Dietⁱⁱ

Ingredients	Amount	Directions
Hot Cereal		
Instant Rolled Oats	1 pkg.	Add boiling water to rolled oats and stir. Add milk and sugar or honey and blend well for 1 minute.
Boiling water	250 mL (1 cup)	
Warm Milk	250 mL (1 cup)	
Sugar or honey	15 mL (1 tbsp.)	
Yield: 1 serving, 525 mL, 270 kcal, 12 g. protein		
Variations: Add 5 mL (1 tsp) of coca and ½ banana. Blend for another minute. Use flavoured Instant Rolled Oats.		
Cold Cereal		
Rice Krispies	45 g (1/2 cup)	Blend together thoroughly for 1 minute. Sweeten to taste.
Milk	250 mL (1 cup)	
Yield: 1 serving, 275 mL, 227 Kcal, 10 g protein		
Variations:		
<ul style="list-style-type: none"> • Try with Corn Flakes, Puffed Rice, Bran Flakes. You may need to thin more with milk. • Add 120 mL (1/2 cup) canned fruit. 		
Fruity Fruit Drink		
Canned fruit	125 mL (1/2 cup)	
Fruit Juice	125 mL (1/2 cup)	
Yield: 1 serving, 230 mL, 108 kcal, 1 g protein		
Variations:		
<ul style="list-style-type: none"> • Add 120 mL (1/2 cup) yoghurt. Sweeten with honey or sugar then blend. Yield: 1 serving, 300 mL, 170 kcal, 6 g protein. • Add 120 mL (1/2 cup) ice cream. Blend. Yield: 1 serving, 260 mL, 260 kcal, 3 g protein. 		
High Protein Milk		
Whole Milk	250 mL (1 cup)	
Skim milk powder	60 mL (1/4 cup)	
Use in preparation of cereal, cream soups, desserts, custards, puddings, cocoa, creamed foods (tuna, chicken), potatoes (mashed, scalloped), or milk drinks.		
Yield: 1 serving, 270 calories, 14 g protein		
Variations		
<ul style="list-style-type: none"> • Add flavouring (vanilla, coffee, extract, chocolate, malt flavour) • Add pureed banana, apricot, peach, other pureed fruits or juice. 		
Ingredients	Amount	Directions
High Protein Milkshake		
High Protein Milk (above recipe)	250 mL (1 cup)	Mix well with beater or blender. Drink immediately.
Ice Cream	125 mL (1/2 cup)	
Flavouring	2mL (1/2 tsp)	
Yield: 2 servings		
Variations:		
<ul style="list-style-type: none"> • 30 mL (2 tbsp) chocolate powder, vanilla, or coffee extract • 60 mL (1/4 cup) pureed fruit • 60 mL (1/4 cup) smooth peanut butter 		
Fruitshake		
High Protein Milk (above recipe)	125 mL (1/2 cup)	Blend all ingredients until smooth. Drink immediately.
Canned peaches	125 mL (1/2)	
Vanilla ice cream	250 mL (1 cup)	
Variations: Substitute other fruit or juice.		
"Tiger's Milk"		
For Two Servings		Blend all ingredients until smooth.
Yogurt	175 mL (3/4 cup)	
Honey	15-30 mL (1-2 tbsp)	
Banana	1 medium	
Juice	125-175 mL (1/2-3/4 cup)	

Ingredients	Amount	Directions
Fruitnog	For one serving	
Pureed fruit	60 mL (1/4 cup)	Blend all ingredients until smooth. Drink immediately.
Fruit Juice	60 mL (1/4 cup)	
High Energy Pudding		
Margarine	150 mL (5 oz.)	Blend cornstarch with part of water. Melt margarine over low heat and add sugar. Add remaining water. Gradually add cornstarch/water mixture. Cook over low heat, stirring constantly until thickened. Add flavouring.
Sugar	60 mL (1/4 cup)	
Cornstarch	30 mL (2 tbsp)	
Water	375 mL (1 1/2 cup)	
Flavouring	30 mL (2 tbsp)	
Yield: 4 servings, 125 mL (1/2 cup) each.		
Variations:		
<ul style="list-style-type: none"> • Flavourings: rum butterscotch, maple, lemon • In place of flavouring use 10 mL (2 tsp.) frozen concentrated lemonade. 		
Fruit Milkshake		
Whole milk	125 mL (1/2)	Blend all ingredients until smooth. Drink immediately.
Skim milk powder	50 mL (1/4 cup)	
Ice Cream	200 mL (3/4 cup)	
Fresh, Canned or Frozen fruits	125 mL (1/2 cup)	
Yield: 1 serving		
Variation:		
<ul style="list-style-type: none"> • 1 small ripe banana • peaches 125 mL (1/2 cup) • Peanut butter 50 mL (1/4 cup) • Chocolate syrup 50 mL (1/4 cup) 		
Supper Pudding		
Instant pudding mix	1 pkg. (125 g or 4 1/2 oz.)	Blend. Refrigerate until set.
Whole milk	500 mL (2 cups)	
Oil	30 mL (2 tbsp)	
Skim milk powder	200 mL (1/4 cup)	
Yield: 4 servings, 265 kcal, 9 g protein		

¹BCDNA Manual of Nutritional Care Fourth Edition

²BCDNA Nutritional Care Manual Third Edition