



BLAINE D. AUSTIN DDS
ORAL & MAXILLOFACIAL SURGERY

Post-Surgery Instructions for Coronoidectomy

The following information represents a general summary of the details you have discussed with your doctor regarding your upcoming surgery. Please read it carefully. If you have any questions please call the office before your surgery.

1. This surgery is performed on the jaw bone to restore normal function of your bite. By correcting the problems with the jaw it will significantly improve mobility and better function while chewing, talking and swallowing. The surgery also helps to resolve some chronic pain.
2. **Swelling:** You will have some swelling to a greater or lesser degree. This is normal and expected as the body salts go to the surgical area. You should expect swelling of lips, cheeks, and areas around the jaw bones following surgery. The swelling peaks about 3-4 days after the surgery and may take 6-10 weeks to totally resolve. Ice packs for 72 hours after surgery will help to reduce the swelling. Some medication was given to you in the IV to help reduce the swelling. After the first 72 hours, heat may be used to the outside of the face; using a warm moist washcloth. A heating pad can also help reduce muscle tightness. Occasionally bruising may occur this is normal and dissipates gradually after surgery.
3. **Nutritional intake:** The diet after surgery is soft. Have plenty of juices and drinks on hand so you don't become dehydrated. At first it is easiest to have very thin liquids to drink. You can increase the thickness as the swelling of your lips and cheeks decreases. Protein supplements and liquid vitamins are helpful to help keep energy levels up during the recovery time. Sustacal, Ensure, Carnation Instant Breakfast, and Meritene are protein drinks. You can buy these at most drug stores.
4. **Weight:** Most people lose weight after surgery. Keep a close eye on weight loss and notify Dr. Austin if you are losing too much weight.
5. **Oral Care:** The importance of oral care cannot be over emphasized. Do not brush your teeth the first post operative day after surgery. Begin brushing your teeth the second day using a soft tooth brush and toothpaste of your choice.
6. **Medication:** Pain medication should be taken as needed to relieve pain not on a regular basis. Be alert to signs of allergic reaction: hives, itching, rash. If you seem to have sensitivity to the medication causing nausea or vomiting, if you have any problems please be sure to contact the office and we can prescribe something different for you.
7. **Numbness:** There is occasionally a numbness associated with the area around the surgical site. The sensory nerves of the skin surrounding the incision are affected due to the swelling. This is often a benefit to the patient as it helps alleviate some of the pain a patient might feel. This numb sensation is transient and usually subsides within 8-10 weeks if it does occur. There can be a remote chance of permanent numbness.
8. **Physical Activities:** Avoid contact sports, weight lifting fights, etc... If your job requires a lot of physical labor, please let us know and we will set a day to return to work.
9. **Sleep:** Get plenty of rest. Don't over do it for the first several weeks after surgery. If you have difficulty sleeping at night, let Dr. Austin know.
10. **Time off:** Time off of work or school is usually necessary after surgery. The time allotment is usually dependent upon the patient and the extent of surgery. The average time is about one week to ten days. If a letter is necessary for release from work or school please let the office know.
11. **Post Operative Exams:** Your first exam will be one week after your surgery.

We wish you the best with your recovery.

Dr. Blaine D. Austin and Staff

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