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**INSTRUCTIONS FOR PATIENTS HAVING MANDIBULAR IMPLANT SURGERY**

Jaw angle augmentation with implants changes the shape of the back part of the jaw. By placing specially shaped implants through an incision in the mouth, the jaw angles can be accentuated by either making them wider, longer or a combination of both. Different jaw angle changes requires different implant shapes and sizes.

The following postoperative instructions for jaw angle implants are as follows:

* Jaw angle implants usually have a modest amount of postoperative discomfort. Most patients require pain medication for several days after surgery due to the stretching of the jaw masseter muscles. Take your pain medications as directed and as often as you need them.
* Your jaw (face) will have a circumferential wrap placed to help swelling right after surgery and as a method to hold cold compresses in place. This wrap is to be left on for the first night after surgery. It may be removed the following morning. Be prepared that your face will get swollen, perhaps even considerably so.
* Be aware that your jaw will get increasingly swollen over the next few days after surgery, this is normal. Facial swelling does not start to go down until three days after surgery and will many weeks to go away completely. You may continue to use ice packs if they make you feel more comfortable and as long as you like.
* After taking off the head wrap, you may shower, wash your hair and shave (men) as you desire. The skin over the implants may feel numb for awhile but there is no harm in getting it wet.
* The incisions inside the mouth have resorbable sutures. You may gently brush your teeth and use ½ strength (diluted) mouth wash for oral hygiene.
* Your jaw opening will feel a little tight when you open your mouth widely. That will take several weeks to return to normal. You may stretch open your jaw as much as feels comfortable. You may eat whatever you like although chewing foods in the first few days after surgery can be difficult. Focus on liquids and soft foods for the first few days after surgery.
* There will usually be a small suture on the skin outside of the jaw angle implants where the screw to secure the implants was inserted. There is no special care for that suture. It will be removed one week after surgery.
* You may return to any physical activity and work as soon as you would like based on your comfort level with pain and your facial appearance.
* You may drive when you feel comfortable and can react normally and are off pain medication.

The following information is only a pre-operative guide. Our clinic nurse will contact you to confirm instructions specific to your care.

**Food/Drink**

**No food or drink should be taken six hours prior to surgery.** Regular medications should be taken in the morning with a sip of water. Any preoperative medications that you have been told to take prior to your surgery should be taken according to office instructions.

Refrain from eating salty foods a day or two before surgery and for a few days after surgery to help reduce post-surgical swelling. Always maintain a high-water intake to keep your body well hydrated.

**Supplements**

Aspirin, aspirin-containing medications, aspirin-like medications, and **ALL vitamins and herbs** (e.g. herbal supplements such as fish oil, cod liver oil, garlic tablets, turmeric, curcumin) **should not be taken for two weeks prior to surgery.** Some herbal substances may lead to more bleeding in the area of the surgery that may in turn increase postoperative swelling. You may resume these herbal medications 3 weeks after surgery. Prior to surgery you can take additional protein, vitamin C and Zinc to aid in healing however this can be stopped once you undergo surgery.

Dr Honeybrook does recommend you take arnica montana and bromelain tablets for bruising and swelling after your surgery to aid in healing.

**Smoking**

Some chemicals in cigarette smoke interfere with skin circulation and can delay wound healing. This can result in wound breakdown and permanent scarring. Dr Honeybrook’s smoking policy is for patients to **stop smoking 6 weeks pre and post-surgery to allow for optimum healing**. Dr Honeybrook will not perform your surgery if you have not stopped smoking. This includes cigarettes, marijuana, nicotine patches and gum. We also prefer that no recreational drug use occurs during this period of time as well.

**Pain Relief**

Pain relief medication will be prescribed to assist with discomfort, take as required. You may experience constipation. If necessary, use Coloxyl and Senna in combination with the pain medication to reduce constipation.

**Prior to Surgery**

On the evening prior to surgery or on the day of surgery, please shower and shampoo your hair. **No cosmetic products, makeup or jewellery should be worn on the day of your surgery.** Please remove all nail polish/varnish. If you have shellac nails you must remove at least one to allow your oxygen levels to be monitored during surgery. If you have a moustache or beard, you will need shave this as this can be a potential source of infection and can make the surgery more challenging particularly if you are undergoing a face or neck lift.

To facilitate ease of dressing with minimal discomfort and so as not to disturb your dressing or sutures following surgery, wear a loose-fitting blouse or button-up shirt as opposed to a pull-over shirt for the first few days.

Two weeks prior to and four weeks post-surgery you cannot have any dental work performed.

**Post Surgery**

Following surgery, keep your head slightly elevated and apply cold compresses if possible, to your cheek. This will help reduce postoperative bruising and swelling. A cold pack placed over a dry face cloth on your cheek is effective. Cold compresses are useful for the first 48 hours after surgery. Noticeable swelling and bruising can be expected up to 6 weeks after surgery.

Dissolvable sutures will be used for all intraoral wound closures. These sutures will usually take 2-3 weeks to fall out. For two weeks, it is vital that you perform mouth washes FOUR times a day, and especially after meals. Any mouthwash that can be purchased over the counter will be suitable.

Refrain from bending or stooping to lift heavy objects for two weeks following surgery. When you bend over, your head is in a dependent position and blood rushes to your face and nose. This will increase swelling and pain and may cause a nosebleed. Strenuous exercising, such as aerobics, swimming, or jogging should be avoided for six weeks.

**PROBLEMS TO REPORT**

* Signs of infection:
	+ Increasing redness
	+ Increasing pain
	+ Fever
	+ Discharge of pus from the wound
* Increasing swelling
* Prolonged or increasing volume of bleeding
* Nausea or vomiting that is not settling
* Chest pain and /or shortness of breath
* Pain in your calves

**FOLLOW UP CARE**

Your follow up visit is usually 1 to 2 weeks after surgery. If you do not already have a post-surgery follow up appointment, please call the office number listed above where you were originally seen. If you have any questions or concerns prior to your scheduled appointment, please call the office and speak with one of our nursing during business hours (8:30AM – 4:30PM).

In case of a LIFE THREATENING emergency please call 000.

Any other information regarding this procedure or any other surgical procedure can be found at [www.drhoneybrook.com.au](http://www.valleyplasticsurgery.com.au).