



ERCİYES ÜNİVERSİTY
FACULTY OF DENTISTRY
ORAL AND MAXILLOFACIAL SURGERY HOSPITAL

1. You will be given a date for the surgery, and you will be called to the hospital early in the morning on an empty stomach (you should be fasting for about 8 hours before the surgery). It's advisable to take a morning shower. Blood will be drawn for pre-operative tests.
2. You can stay in the recovery room until you wake up after the surgery.
3. When deemed appropriate by the anesthesiologist, you will be transferred to your room or the intensive care unit.
4. Your mouth may swell, and there may be bleeding from the incision sites within the first 24 hours. Swelling and bruising may occur under the chin and on the cheeks. The extent of swelling and bruising can vary depending on the surgical procedures and sometimes the individual's characteristics. To reduce some of the swelling in your mouth and jaw, you may need to sleep with your head elevated on 2-3 pillows at night.
5. You may be discharged when your doctor deems it appropriate. This depends on how you feel, the amount of swelling, and whether intravenous fluids are needed.
6. Supports and/or wires will be attached to your teeth, along with plastic splints. These devices immobilize your teeth and jaw to aid in healing, ensure proper alignment, and protect the surgical area. The need for splints may vary and should be discussed before surgery.
7. Oral hygiene speeds up healing and is extremely important. Please rinse your mouth thoroughly with water after every meal, and then rinse again as instructed with the prescribed medication or disinfectant solution. After 3-4 days, gently brush your teeth and (if applicable) braces with a child-size toothbrush (small and soft). Make sure to avoid the incision sites on your gums.
8. The method of nutrition plays a significant role in your post-operative care. In cases where incisions are made inside the mouth, you will need to consume only liquid foods for a few days as recommended by your doctor. Later, you will start eating soft foods. You can transition to normal eating when your doctor approves it.
9. Gargling will be recommended for oral hygiene, and we advise using the gargle for 7-10 days. It's crucial to use these gargles. You should always use them after every meal. Additionally, you will be

provided with petroleum jelly or a petroleum-based cream to apply to your lips, and you'll be instructed to apply it regularly.

10. You will need to take antibiotics when your doctor deems it appropriate after the surgery. Please take your medications as prescribed until they are finished. It's crucial to take your medications to prevent infection. If you experience any unwanted reactions to antibiotics or other medications, please inform your doctor immediately; do not stop your medications on your own.

11. The stitches in your mouth are of the absorbable type. Apart from keeping them clean, they don't require any special care. Keeping the inside of your mouth clean is crucial to prevent bacteria from adhering to the stitches. Stitches on the skin are usually removed in 5-7 days. The stitches inside the mouth will dissolve within 1-2 months. If you spit some of them out, it's normal, and there's no need to worry.

12. You will need to stay away from school for at least 2 weeks. You can return to school when you feel well enough to do so, which is usually after 2-3 weeks. Don't forget to take your liquid food and mouth cleanser with you.

13. When you return to school, you can resume your normal activities except for physical education classes. You will not be allowed to engage in active sports for about 3 months. If a document is required regarding this matter, we will gladly provide you with a written report.

14. Your doctor will inform you when to schedule a follow-up appointment after the surgery. During this time, the doctor will provide necessary information to monitor your recovery process and further expedite your healing.

15. Don't forget to schedule an appointment with your orthodontist for the initial consultation before being discharged from the hospital.

16. You should have wire cutters and elastic cutters at home. If you experience nausea or difficulty breathing while your mouth is locked (intermaxillary fixation), you need to cut the elastics and wires immediately.

17. Swelling in your mouth will take some time to subside. We expect a significant reduction in swelling within the first 3 weeks. However, complete shaping of the jaw will take 3-6 months.

18. Try to be as comfortable as possible and avoid excessive talking. You can get up to walk around at home, and it's beneficial to move frequently rather than lying down constantly. However, avoid lifting heavy objects and strenuous exercises. Sleeping with your head elevated above the level of your heart will help reduce swelling faster.

19. Post-operative depression (feeling down due to mood swings) is common after any surgery. This depression is usually related to discomfort and fear associated with post-operative appearance,

restriction in activities and movements. These feelings will fade as your appearance improves and you return to normal activities.