

Patient Guide

Oral and Maxillofacial Surgery

General pre- and post-operative care
regarding your maxillofacial surgery

Centre universitaire
de santé McGill



McGill University
Health Centre

What are Oral and Maxillofacial Surgeries?

We offer a variety of Oral and Maxillofacial surgeries and procedures, which includes:

- * Teeth extractions
- * Bone graft/Sinus lifts
- * Dental implants
- * Biopsy
- * Facial fractures
- * Orthognathic jaw surgery

Day of Surgery

- * You may take your regular medications with sips of water, unless contraindicated by your doctor or by the Pre-Operative Clinic.
- * Brush your teeth and wear comfortable, loose-fitting clothing.
- * DO NOT wear makeup, nail polish, or contact lenses.
- * Remove any tongue, nose or lip piercing.

Post-Operative Instructions

Pain: Your jaw may feel stiff and sore.

- * You will be prescribed pain medications to ensure your comfort.
- * You may start taking your pain medications as soon as you get home, before the local anesthetics wear off.
- * Take your medication as prescribed and if desired, with food.
- * Some pain medication may make you drowsy. In that case, it is recommended that you should not drive or operate machinery while taking these medications.



Post-Operative Instructions

Swelling:

- * You may expect swelling of the face and sometimes bruising of the skin.
- * Swelling may take up to 3 days to fully develop and can last up to 7-10 days.
- * To help decrease swelling, you may apply ice packs 30 minutes on and 30 minutes off, and you should keep your head elevated for the first 48 hours.
- * If necessary, do mouth opening exercises to regain normal opening.
- * If swelling continues to increase or suddenly reappears, please contact the clinic.

Post-Operative Instructions

Bleeding:

Some bleeding is normal for the first 24-28 hours after surgery. If bleeding occurs:

- * Fold gauze and apply pressure firmly to the area by biting on the gauze for 30 minutes. You may also use a tea bag. Repeat if needed.

Sutures:

Dissolvable sutures are used for most procedures:

- * The sutures will fall out on their own after 1-2 weeks. Avoid pulling them.
- * It is normal for the sutures to loosen after the swelling decreases.

Post-Operative Instructions

Hygiene: It is important to keep your mouth clean!

- * Rinse your mouth after meals and before bed. Avoid rigorous rinsing.
- * You may use warm salt water (1/2 teaspoon of salt in 1 cup of warm water) or if prescribed, use Peridex (Chlorhexidine 0.12%) mouthwash – 2-3 times a day after brushing, swish for 60 seconds and spit.
- * You may start brushing your teeth after surgery, but avoid the surgical site for 5 days.
- * Soften toothbrush with warm water before brushing.



Post-Operative Instructions

Diet:

- * For the first 48 hours, you will be advised to be on a liquid or soft diet (i.e. pasta, mashed potatoes, ice cream, milkshakes, pudding, yogurt, etc.).
- * Avoid hot, hard and crunchy foods, soda and sweet beverages.
- * Do not use a straw for the first few days, as this may increase bleeding.
- * Do not consume alcohol for at least 48 hours after surgery and while taking narcotic pain medications or antibiotics.
- * You may gradually return to your regular diet as per your tolerance.



Post-Operative Instructions

Activity: Get a lot of rest!

- * Do not perform any strenuous activity or contact sports for at least 3 days to 2 weeks after the procedure, depending on the surgery you received and as indicated by your physician.
- * Elevate your head on 2 pillows when lying down.
- * As needed, gently exercise your jaw to recover normal mouth opening.

Smoking:

Smoking is NOT PERMITTED during the first 12 hour period. Smoking may cause bleeding and will decrease the healing process. It is recommended to not smoke for at least 3 days after surgery.

Pre-Operative Instructions

Infection:

- * If you were prescribed antibiotics, it is important to finish the full course of treatment unless otherwise advised.
- * Notify our clinic if you notice any signs and symptoms of infection:

- Increased pain or swelling after 5 days
- A foul taste or odor in your mouth
- An oral temperature above 38 degrees Celcius



Post-Operative Instructions

Additional Instructions:

If indicated by your surgeon

- Sinus precautions (for at least 4 weeks)
 - * No smoking
 - * No nose blowing
 - * No closed nose or close mouth sneezing
 - * No straws
 - * No flying, swimming or scuba diving

Oral and Maxillofacial Surgery Contact Information

During business hours, for any questions or concerns regarding your surgery,
call **(514) 934-8063**

Option: [9 for English] **2 + 5 + 5**

After business hours, for any questions or concerns,
call **(514) 934-1934 ext. 53333**

and request for the resident in Oral and Maxillofacial Surgery (OMFS).

For emergencies, call 911 or present yourself to the Emergency Department.

For more information, please visit the McGill University Oral and Maxillofacial Surgery website:

<http://www.mcgill.ca/omfs/patient-info>