

Ramapo Oral and Maxillofacial Surgery, P.C.

ANUP MUDULI, D.M.D.

ORAL AND MAXILLOFACIAL SURGEON
180 RAMAPO VALLEY ROAD (ROUTE 202)
OAKLAND, NJ 07436

Telephone 201-337-3797 – Fax 201-337-8845
Diplomate, American Board of Oral and Maxillofacial Surgery

**POST-OPERATIVE INSTRUCTIONS AFTER REPAIR OF LOWER JAW
(MANDIBLE) FRACTURE**

- 1. Take all medications as prescribed.** If your jaws are wired together, you may need to *crush the tablets* to get them around your back teeth.
- 2. Do NOT smoke.** Smoking will significantly increase your risk of infection and poor healing.
- 3. Only eat very soft or liquid foods** until instructed otherwise by the doctor. Please refer to the *Post Surgical Liquid Diet* brochure.
- 4. Oral hygiene is very important.** Good oral hygiene can reduce your risk of infection. It is understandable that the wires and bars on your teeth make hygiene difficult. You still need to brush your teeth and regularly rinse with saline mouth wash. Avoid alcohol based mouth wash such as Scope or Listerine because the high concentration of alcohol on incisions inside your mouth can inhibit healing.
- 5. When brushing your teeth,** be very careful in areas where incisions were placed. Trauma from a tooth brush can cause any incisions inside your mouth to open up.
- 6. Do NOT use water picks** to irrigate your gums and teeth until instructed by your doctor. Doing so can cause any incisions inside your mouth to open up.
- 7.** Facial swelling usually peaks on the second or third day following surgery.
- 8.** The cheek, lips and gums can have numb feeling for several days to weeks following surgery. *Wires in your mouth can sometimes rub on your cheeks and lips.* Soft wax placed on or over these wires can improve comfort.
- 9.** Avoid any heavy lifting (>40 lbs), vigorous exercise or contact sports until given permission by the doctor.

Sometimes the after effects of surgery are quite minimal, so not all of the instructions may apply. Common sense will often dictate what you should do. However, when in doubt follow these guidelines or call our office for clarification. **Our number is 201-337-3797**

