

## Post-Operative Care Instructions

### Facial Fractures

#### ACTIVITY & DIET

Observe the patient carefully during the ride home so that if vomiting occurs, assistance can be given. Do not give drinks in the car as patients may experience motion sickness after surgery.

We strongly suggest that the patient is taken straight home from the hospital. If you are unable to stay home with the patient, you should go over the instructions you have been given with the responsible adult who will care for the patient. The patient may be a little sleepy and unsteady on their feet for many reasons: anesthesia used during surgery, medications used to treat nausea, vomiting or pain, and interruption of normal sleep habits.

Patients who have undergone general anesthesia or sedation should not drive any motor vehicle or operate machinery with blades or fans, or drink alcoholic beverages for 24 hours or while taking prescription medication for pain. No medication should be taken unless ordered or approved by the surgeon.

- You may resume your normal diet and activity as pain allows. Take short walks several times a day
- Try to “take it easy”. Don’t start any major projects in the next few weeks
- Avoid bending at the waist, straining, or heavy lifting (nothing greater than 20 pounds)
- Sleep with your head elevated on extra pillows or in a recliner
- Avoid pressure to your face. Do not forcefully blow your nose.

#### DRESSING & WOUND CARE

- You may shower after surgery. Let soap and water run over the incisions. You may gently wash your incisions and pat dry gently
- Apply antibiotic ointment to sutures twice daily
- Put ice or a cold pack on your injury for 10 to 20 minutes at a time. Try to do this every 1 to 2 hours for the next 3 days (when you are awake). Put a thin cloth between the ice pack and your skin.
- Follow your recommended diet on discharge (soft foods or liquid diet)
- A small amount of drainage from incisions is common. If you have bleeding from your surgical site, hold firm pressure for 10 minutes; this should stop any bleeding
- Spitting up a small amount of blood or blood-tinged mucus is normal after facial fracture surgery during the first several days
- Avoid soaking in bath tubs until cleared by your surgeon. No chlorinated swimming pools for 4 weeks after surgery. No swimming in open water or submerging in hot tubs for 6 weeks after surgery

#### MEDICATIONS

- You may use Tylenol (acetaminophen) or Advil (Motrin/Ibuprofen) for pain. Take these medications as directed on the label
- You may be prescribed additional pain medication if needed. Do not drive vehicles or operate heavy machinery while using narcotic pain medications
- You may use saline nasal spray for congestion; we recommend hypertonic saline (2.7-3.0%) if available. Do not use Afrin (Oxymetazoline) or other decongestant nasal sprays.
- If your jaw is wired shut, use the prescribed mouthwash after every meal and before bed. Spit out after rinsing, do not swallow the mouthwash
- Resume taking your preoperative medications unless otherwise instructed by your surgeon

WHAT TO WATCH FOR:

Report the following signs or symptoms to your doctor:

EXCESSIVE or UNCONTROLLED BLEEDING • FOUL SMELLING DRAINAGE • REDNESS OR SWELLING AT INCISION SITE • PERSISTENT NAUSEA OR VOMITING • TEMPERATURE OF 101° OR ABOVE  
• SEVERE OR WORSENING PAIN

You may call the office at any time at **928-774-2300**. A surgeon from our practice is on-call and available 24/7

RETURN APPOINTMENT: You should be scheduled to see your surgeon 1-2 weeks after your surgery. If you do not already have an appointment scheduled call the office to schedule