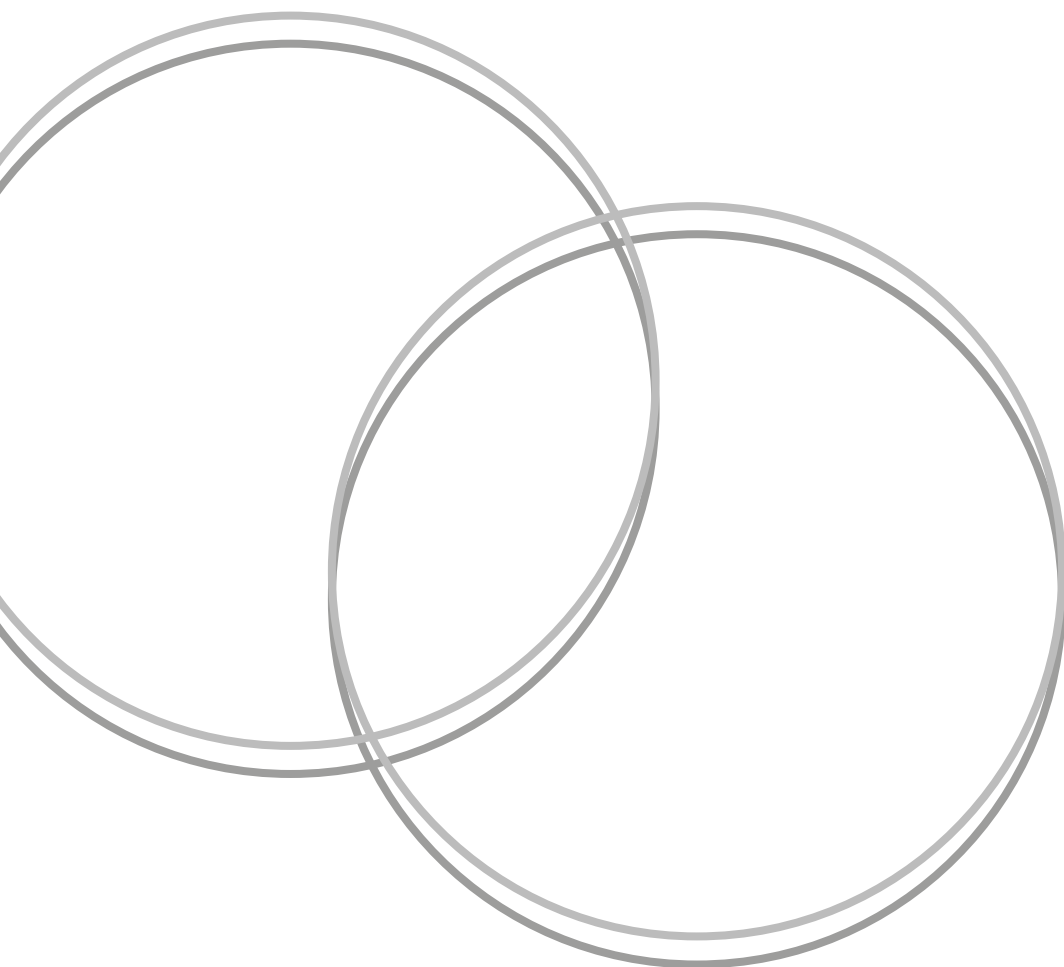




Oxford University Hospitals
NHS Foundation Trust

Jaw Surgery

Information for patients



**Oral, Maxillofacial, Orthodontics
& Restorative Dentistry**

Jaw surgery and your hospital stay

This leaflet tells you about your jaw surgery and what will happen during your stay in hospital.

Your orthodontist is:

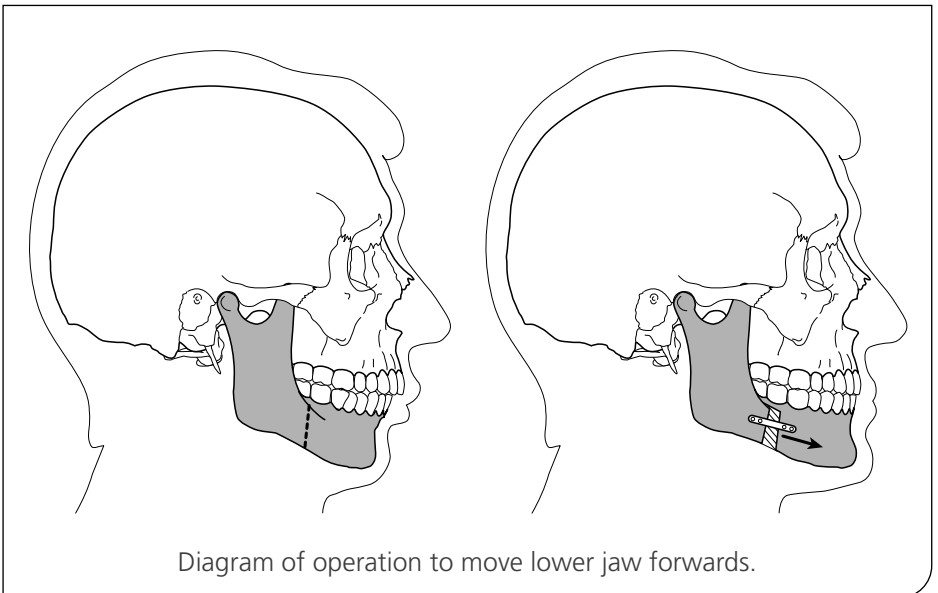
Your surgeon is:

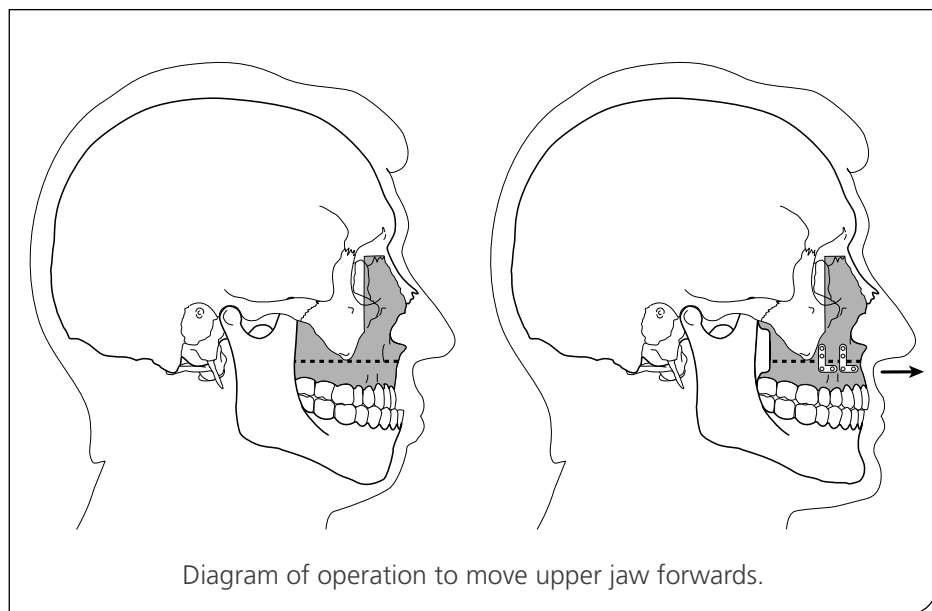
Your surgery date is:

Preparation for your operation

Your jaw surgery may be on either your upper jaw (single jaw osteotomy), or both jaws (bimaxillary osteotomy). You are likely to be in hospital for 1 to 4 days, depending on your progress and how quickly you recover from the operation. Some patients may go home on the same day as their operation.

Before your operation a number of additional appointments are necessary so that we can plan your operation in detail. We will need to take dental scans or impressions (moulds) and further measurements including X-rays or 3D imaging.





Anaesthesia

The operation is carried out under general anaesthesia (you will be asleep) and will take between 2 to 5 hours.

Pre-assessment clinic

We will also ask you to come for an appointment at the Pre-assessment Clinic. This is an important appointment for us to check that you are fit for your operation. It is essential that you attend. **If you miss this appointment, your operation may be delayed.** You will be given information about your operation and aftercare, including the option of a Hilotherm® cooling mask.

What are the risks?

Your surgeon will discuss the risks of the operation with you in detail and will give you additional written information from the British Orthodontic Society and British Association of Oral and Maxillofacial Surgeons (BAOMS) websites.

Admission

You will be admitted to the John Radcliffe Hospital, Oxford, on the day of your surgery.

The anaesthetist will usually see you and explain the anaesthetic to you, they will also discuss with you how any pain you might experience after the operation will be treated.

The surgeon will explain the details of your particular operation, including the risks, before asking you to sign the consent form. (We need your written consent before the operation can go ahead – this may be done in clinic before your operation).

After your operation

You will wake up in the recovery area next to the operating theatre. The recovery nurses will monitor your pulse, blood pressure, temperature, and pain levels. As soon as you are stable, you will be taken to the ward. You will be able to drink water after surgery following review by the surgical team. You may be able to take liquidised food the next day. Some patients may need an extra day or two before they can eat very soft food.

Pain relief

We will give you pain relief and anti-inflammatory medication as well as antibiotics to reduce the risk of infection. **These will be in soluble or liquid form.** The anaesthetist will usually discuss this with you.

Swelling

Swelling around your jaws is most noticeable for the first 48 hours after your operation and we may give you ice packs or a cooling mask to help reduce this. After 48 hours the swelling will reduce further but it may take several weeks to disappear completely.

You will have the option of having a cooling mask at home with you for a week. There will be a charge for this payable to the company that provides it. There is no charge for this whilst you are in hospital.

Stiffness

Stiffness of the jaw is common and you will not be able to open your mouth fully for a few weeks.

Diet

You will only be able to eat soft food for the first few weeks after your operation – e.g. soups, pasta, purees and smoothies. Drinking through a straw at first may help. More information about diet requirements will be given to you at your preoperative assessment appointment.

Numbness

Numbness around your jaw area is normal and this will usually return to normal over a period of a few months. In some cases numbness can be permanent.

Dry lips

You will need to use lip balm or Vaseline frequently to prevent your lips from becoming dry and cracked. Please bring some with you when you come for your operation.

Blocked nose (if you have had surgery to the top jaw)

You will have a blocked nose and blood stained discharge from your nose or mouth for a few days. This is normal. **Do not blow your nose** after your operation, just wipe it gently.

Feeling low

This is normal after this operation, often on or about the third day. You may even feel tearful.

Oral hygiene and oral health

Good oral hygiene is extremely important to aid a fast recovery and prevent infection.

- If you need to take any **medication after your operation** we will give this to you in a liquid form.
- **No smoking.** Smoking significantly reduces blood supply in the mouth and slows down the healing process. Patients who smoke are at a much higher risk of infection and problems after the operation. Advice to stop smoking can be discussed at your preoperative assessment.
- **Tooth brushing** with a soft brush as soon as possible after your operation is recommended. Although uncomfortable, this will be useful for your oral health and will not cause you any harm. You may find it useful to use a baby/child toothbrush (this may be smaller and feel softer).
- We will give you a **mouthwash** to use as directed until your next appointment. In addition, rinsing regularly at least after meals with warm salty mouthwashes is recommended, mix a level teaspoon of salt into a cup of boiled, hot (but not scolding) water. Hold the salt water in the mouth for 1 minute and gently rinse the solution around and spit it out. Repeat these mouthwashes 3 to 4 times a day, especially after you have eaten to help keep your mouth clean.
- The **stitches** inside your mouth are dissolvable and can take up to 4 weeks or more to disappear. Any stitches on your face will need to be removed 5 to 7 days after your operation and you will be asked to book an appointment at your GP Surgery to have these removed.
- **Fixed braces** are normally removed approximately six months after your operation. Retainers will then be fitted and you will be instructed on how to wear them at the time.
- **Avoid alcohol.**

Before you leave hospital

Before you go home we will advise you about your diet. You will also be seen by the specialist orthognathic team (both surgeon and orthodontist) who may take X-rays and fit elastics to your braces to help guide your teeth in their new position. You may need to wear elastics on your brace for several weeks after your operation.

Going home

You must arrange for someone to take you home. It is essential for someone to be at home with you and look after you for the first week after leaving hospital.

The following checklist will help you to ensure you have the things you need at home:

- Choose clothes that are easy to wear. Pulling clothes over your head may be awkward at first.
- Salt – for the salty mouthwashes.
- It may be useful to have a blender so that you can puree your food. Soups, smoothies and ice cream are all easy to eat. Straws are helpful.
- Remember to keep drinking plenty of fluids.
- Ice packs/cooling mask for swelling.
- Baby-sized toothbrush and some fluoride mouthwash.
- Vaseline or lip balm for dry lips.
- If you have **skin** sutures (stitches) you will need to make arrangements to have these removed at your GP surgery.

Follow-up

You will need several follow-up visits, probably weekly at first.

The Surgical and Orthodontic teams will follow your progress at regular intervals: at one and two years after your surgery. At these review appointments, we will take impressions or scans of your teeth. These help us review the movement of your jaw and teeth over time. We may also take further photographs and X-rays.

Please bring your retainers with you when you come for reviews with the Orthodontic team.

If you do not receive a review appointment after your operation, please contact the administration team in your hospital on the following numbers:

Oxford **(01865) 743 101**

Amersham **(01494) 734 296**

Stoke Mandeville **(01296) 838 888 Option 3**
(01269) 322 000 Option 2, Option 2

Reading **(01183) 228 978**

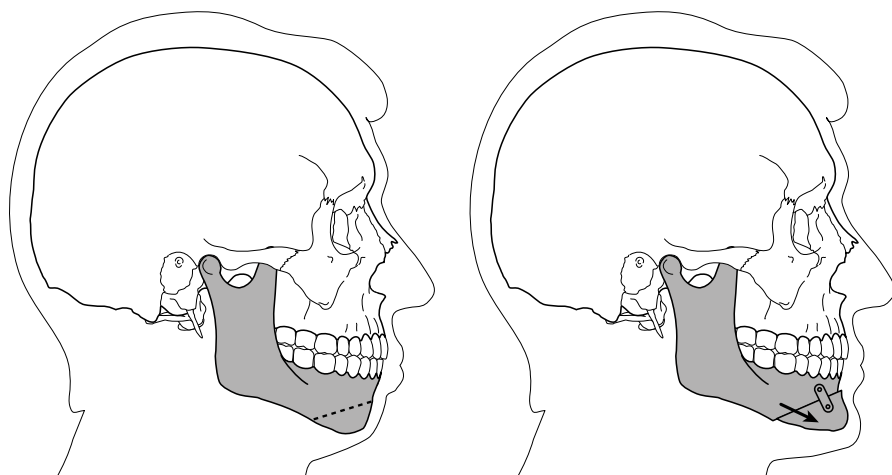


Diagram to show operation to the chin (Genioplasty).

Returning to work

You will probably need to be off work or school for 2 to 4 weeks. Before you leave hospital you will be given a sick note. Once you are home, you should contact your GP if you need an extension to your sick note.

Further information

The British Orthodontic Society (BOS) website has some excellent information on jaw surgery including several patients video stories.

Website: www.bos.org.uk

Information leaflets are available:

Website: bos.org.uk/patients/patient-information-leaflets

Useful contact numbers

If you need advice before or after your operation, please telephone the administration team on the number below between Monday and Friday, 8.30am to 4.30pm:

Oral and Maxillofacial Surgery, Restorative and Orthodontic Outpatient Department.

Telephone: **01865 743 112**

In an emergency, at weekends or out of hours:

Please telephone the John Radcliffe Hospital on the following number and ask for the on-call Maxillofacial SHO (Senior House Officer) via switchboard.

Telephone: **0300 304 7777**

There is always a member of staff on site 24 hours a day, including weekends and all bank holidays for advice and emergency treatment.

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust

www.ouh.nhs.uk/information



Making a difference across our hospitals

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