**Provincial Oral Surgery - Post-Op Instructions for Major Maxillofacial Surgery Procedures**

**Medication** - Use prescription medication as prescribed.
- Pain medication - Pain is helped with medication, but you can expect some discomfort, this is normal
- Antibiotic medication - needs to be completed (if prescribed), to prevent resistant infections
- Peridex Rinse - prescribed and used to keep your mouth clean after surgery. It is to be mixed 50/50 with water, and you are to use the surgical toothbrush provided. **Do not RINSE, SPIT or GARGLE VIGOROUSLY**, this will disturb blood clots and cause more bleeding.

**Bleeding** - A certain amount of bleeding is to be expected following surgery. Slight bleeding, oozing, or redness in the saliva is not uncommon 2-3 days after surgery.

**Swelling** - Maximum swelling occurs 2 to 3 days after surgery. Swelling can be impressive, and can involve the area around the eyes as well. Bruising may be mild or severe, but varies between individuals.
- Use the “Cool Jaw” pressure bandage provided constantly for the first 72 hours changing your ice packs frequently (about every 30-45 mins).
- Be sure to move your lips around often to prevent swelling in the lips, talking is ok.
- Lay or sleep with head elevated, 45 degrees or more for the first 2 weeks.
- Heat can be applied to the face after 72 hours.
- Swelling should decrease by 50% after the 1st week, 70% by the 6th week, 90% by the 3rd month and should be completely resolved by 6 months (varies by person).

**Nausea and Vomiting** - 40% of patients can have this, but is usually resolved by discharge from the hospital. If this persists at home, anti-nausea medication can be given, but usually resolves if the following are followed:
- Try not to swallow blood as this can worsen nausea
- Keep hydrated: 2 Liters of fluids a day are **required** (ex. water, Gatorade)
- Over the counter Benadryl, 50mg for adults can help curb nausea, every 6 hours.
- If none of the above measures work notify Dr. Wagner.

**DIET and Fluids**
- Start with a Clear liquid diet for about 2 days after surgery (apple, grape, or cranberry juice, broth, water, vitamin water, Gatorade.)
- Then you can advance to a puree diet for the first week (Ensure™, Boost™, carnation instant breakfast, protein shakes, or your homemade mixtures).
- Then to soft foods after about 1 week as indicated by your doctor such as mashed potatoes, scrambled eggs, Cream of wheat, and over cooked pasta. No hard/chewy foods. This diet will require **minimal** chewing.
- 2-3 weeks after surgery you can have soft things such as hard boiled eggs (mashed with butter and seasonings), shepherd’s pie, baked salmon, rice, baked yams, steamed cauliflower with cheese sauce, hummus/ guacamole with soft white bread etc. Diet is restricted for the first 6 weeks after surgery. **DO DRINK LOTS OF FLUIDS**
• Your body has lost a lot of fluid (sweat, blood, etc) in the surgical course and must be replenished. If you do not take in enough fluid, dehydration can occur.
• Signs of dehydration can be low-grade fever and lethargy.
• You should be drinking 2 – 3 liters of fluids as well as ingesting the equivalent of 3 meals a day in order to keep yourself well hydrated and give your body the nutrition it requires to heal. Avoid sugary drinks such as pop and iced tea.
• You will be provided with a large syringe from the hospital which helps in ingestion of blenderized foods. DO NOT USE A STRAW for the first 10 days this will disturb blood clots and cause more bleeding.

**Oral Hygiene** - Oral hygiene promotes healing and is extremely important. You should be using the oral rinse after each meal, morning and bedtime using the surgical toothbrush provided, Vaseline should be used frequently and can be applied to lips to keep them moist. Lip movement is important and should be done frequently.

**Fixation** - Your bite will feel different and in most cases you will have 4-6 elastics, if jaws are wired together you will be given wire cutters at the hospital in case you need them.
• You can still brush your teeth lightly, to remove food products and keep the area clean, if you are having trouble because of swelling use the back of a spoon to help lift the cheek out of the way.
• If you have elastics placed, they have a tendency to break, should you break all of them please call the clinic so we can assist you. Loosing or breaking a few is fine and common.
• If you have wires placed, and you have a situation which you have cut your wires, you must call us immediately to place the wires back on.
• After the 1st week you can take the elastics off at meals and when brushing. You must wear your elastics 24 hours a day 7 days a week for 4-6 weeks after surgery, except when eating and brushing.

**If you had a nasal intubation or an upper jaw procedure:**
• Bleeding from the nose can be expected for the first few days, along with a sore throat.
• Dark red-brown blood may come out of nose after 1 week, this is normal
• If bleeding is bright red and heavy, this is abnormal (notify doctor)
• Do not blow your nose or spit forcefully for 6 weeks after surgery as this may cause air and bacteria to enter your cheeks and cause serious infections
• Saline rinse (over the counter) can be used nasally to help with nasal congestion as needed
• Your ears may be sore for some time after the procedure, this is normal.

**If you are having a SARPE: (surgically assisted rapid palatal expansion)**
• You will be given a key to turn your appliance that is put in during the time of surgery.
• Do not turn your appliance for the first 5 days post operatively
• On day 6 turn your key one turn, on day 7 two turns, on day 8 one turn, on day 9 two turns and so on, it is recommended you write down on a calendar so that you don’t forget your rotation.
• The turns may be uncomfortable at first after surgery, but continue to turn key until you are told by the Dr. If you have any concerns call Provincial Oral Surgery
• Diet should be kept to a softer consistency, like fish, soft sandwiches, pasta, chicken which has been shredded. Do not eat pizza, or breads you have to tear.
Sutures - stitches in your mouth will dissolve on their own in 10-30 days, if there are stitches on the face:

- Do not disturb for the first 24 hours
- Keep area clean by dabbing a moist warm cloth on it, and NOT rubbing, blot dry
- Keep moist with an antibiotic ointment
- Cover with dressing (gauze, band-aid)
- Facial stitches, if not dissolvable, are removed 5 days after placement

❖ If you have a chin dressing, it can be removed 5 days after surgery with a warm washcloth and olive oil.

Bone Grafts

- Graft donor site will be tender
- If a hip graft was performed, you may have difficulty walking with pain and a limp. This may take a couple of weeks to improve.
- The incision may weep, but dressing should generally stay in place until you see your doctor for a post-op visit. At the visit the bandage will be removed and area evaluated.
- You may bath or shower without restriction, but don’t get skin incisions wet for the first three days

Recovery:

- Activity for the first 4-6 weeks limited to walking, any physical activity can be resumed AFTER 6 weeks.
- You will need 6 weeks off work unless indicated otherwise by your doctor.
- Contact Sports can be resumed after 3 months
- Do not lift over 10 pounds for 4-6 weeks
- If you are in school you can resume to classes 10 days to 2 weeks after surgery with the same above limitations

If you have any concerns you can call 306-359-7040 during regular office hours. After hours you can contact the office and press “0” to speak with a doctor.
Your diet after unwiring is very important. Although you can open your mouth and eat, you must stay on a soft diet. You may eat foods that do not require much chewing. For example:

<table>
<thead>
<tr>
<th>YES</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked fish, meatloaf, ground meat</td>
<td>Fried food, fast food (including French fries), bacon, deli sandwich</td>
</tr>
<tr>
<td>Ice cream, pie, cake</td>
<td>Fried Chicken</td>
</tr>
<tr>
<td>Creamed corn</td>
<td>Corn on the cob</td>
</tr>
<tr>
<td>Oatmeal, cream of wheat, grits</td>
<td>Cold cereal</td>
</tr>
<tr>
<td>Cheese sandwich, shaved beef</td>
<td>Tacos, beef, steak</td>
</tr>
<tr>
<td>Peas, steamed vegetables, baked potato, refried beans, rice</td>
<td>Hard raw fruits/vegetables (apples, carrots, pear, pineapple, etc) or vegetable salad</td>
</tr>
<tr>
<td>Smooth peanut butter</td>
<td>Nuts, popcorn</td>
</tr>
<tr>
<td>Smoothies, soups</td>
<td>Bagels, French bread</td>
</tr>
<tr>
<td>Biscuit roll no crust</td>
<td>Ice cubes</td>
</tr>
</tbody>
</table>

**Recipes**

**Basic Milk Shake** (*high protein, low fat*)

1 cup nonfat dry milk powder  
4 cups skim milk  
Combine ingredients and mix until smooth.  
Add any of the following:  
1 jar strained baby fruit  
1 cup ice cream/frozen yogurt  
1-2 tbsp chocolate, strawberry syrup or smooth peanut butter  
Substitute 1 cup of sherbet instead of using dry milk powder

**High Protein Smoothie** *(Blend until smooth)*

1 cup cottage cheese  
1 cup yogurt  
Add any of the following:  
1 frozen banana, some strawberries, 1 tsp vanilla and honey to taste  
1 peach, some strawberries, 1 tsp vanilla and honey to taste  
1 frozen banana, 2 tbsp peanut butter, 1 tbsp sweet hot chocolate powder, 1 tsp vanilla and honey to taste, tofu can be added for additional protein.

**Orange Juice Shake**

1 cup orange juice (pulp free)  
1 tsp lemon juice  
1 cup orange sherbet  
Blend until smooth

**Orange Sherbet Punch**

1 pint orange sherbet  
¼ cup ginger ale  
¼ cup grapefruit juice  
Blend until smooth

**Orange Julie**

2 cups orange juice (pulp free)  
½ cup crushed ice  
1 raw egg  
2 tbsp honey  
¼ tsp vanilla extract  
Blend until smooth

**Cranberry Fruit Punch**

1 ½ cups orange sherbet  
1 ½ cups cranberry juice cocktail  
1 ½ cup crushed pineapple  
½ cup water  
1 tbsp sugar  
Blend until smooth, strain
### Hawaiian Lemonade

- ½ 6oz can frozen lemonade concentrate
- ½ can water
- 1 6oz apricot nectar
- 1 small can/bottle ginger ale

Strain. Combine juices and water chill. Divide fruit juice mixture among three ice filled glasses. Fill remaining glass with ginger ale.

### Pear Icy

- 4 canned pear halves, drained
- 1 cup crushed ice
- ¼ cup sugar
- 1 tbsp lemon juice

Blend until smooth, strain.

### Fruit Punch (good source of vitamin C, potassium)

- 1 cup ginger ale
- ½ cup applesauce (unsweetened)
- ½ cup orange juice (pulp free)
- ¼ cup tea
- 1/3 cup sugar
- ½ cup lemon juice

Blend until smooth.

### Tomato Juice Cocktail

- 2 cups tomato juice
- 1 cup crushed ice
- 1 cucumber, peeled, seeded and chopped
- 1 8” stalk of celery, finely chopped
- 1 tsp lemon juice
- ½ tsp salt
- ¼ tsp Worcestershire

Put all ingredients in a blender. Blend until smooth, strain.

### Baked Potato Soup (source of protein, calcium, vitamin C)

- 1 cup skim milk
- ½ cup mashed potatoes
- ¼ cup shredded sharp cheddar cheese
- 1 drop onion juice
- Salt, pepper to taste

Heat all ingredients in saucepan. Pour in blender, blend until smooth. Strain.

### Cheddar Cheese Soup

- 1-11oz can cheddar cheese soup
- ½ cup vanilla ensure
- ½ cup water
- 1 tsp Worcestershire sauce

Heat all ingredients in saucepan. Pour in blender until smooth. Strain.

### Gazpacho

Put all ingredients in blender. Blend until smooth. Strain. May serve hot/cold

- 1 cups chicken bouillon
- 1 large tomato, peeled seeded and chopped
- ½ cucumber, peeled, seeded and chopped
- 1 tsp vinegar
- ½ tsp garlic juice
- ½ tsp sugar
- ¼ tsp salt, pinch of pepper
- 1 drop hot sauce, Tabasco

### BBQ Soup

- 1 cup beef bouillon
- ¾ cup cooked rice
- ½ cup milk
- 1 tbsp vegetable oil
- ½ tsp of each onion juice, BBQ sauce, chili sauce
- ¼ tsp prepared mustard
- Pinch of salt, pepper and Tabasco

Heat all in saucepan, blend in blender until smooth, strain.

### Bean Soup

- ¾ cup chicken bullion
- ½ cup canned pinto beans, drained
- ½ cup canned carrots, drained
- 1 8” stalk celery finely chopped
- 1 tbsp deviled ham
- Dash of garlic powder, salt, pepper

Heat all in saucepan, blend in blender until smooth. Strain.

### Apple Pie a la Mode

- 1 cup apple pie filling
- 1 cup vanilla ice cream
- ½ cup milk
- Dash cinnamon

Put all ingredients in blender and blend until smooth. Strain.
<table>
<thead>
<tr>
<th><strong>Tomato Rice Soup</strong></th>
<th><strong>Beef Stroganoff</strong></th>
</tr>
</thead>
</table>
| 1 -10 ½ oz can tomato soup  
½ cup milk  
½ cup chicken bouillon  
1/3 cup cooked rice  
1 tbsp sautéed onion  
1/8 tsp salt, dash of pepper  
Heat in saucepan, pour in blender until smooth and strain. | ¼ cup onion finely chopped, margarine  
1 jar strained beef baby food  
1/8 tsp paprika  
½ can cream mushroom soup  
3 tbsp sour cream  
Sauté onion in margarine, combine with meat, paprika, soup and warm over low heat. Place ½ cup stroganoff into blender with sour cream. Blend, strain, serve with vegetables, such as mashed potatoes |
| **Sweet Potato Souffle** | **Vegetable medley** |
| 3 cups cooked mashed sweet potatoes  
¼ tsp salt  
2 eggs  
1 tsp vanilla  
3-4 tbsp margarine  
1 cup milk  
1 cup sugar  
Mash and combine all ingredients except milk and sugar. In a saucepan melt sugar in milk over low heat. Add ½ cup potatoes to blender followed by ¼ cup milk and sugar mixture. Blend until smooth, strain. | 1 can mixed vegetables  
1 can cream mushroom soup  
1 tsp onion flakes  
2 bouillon cubes dissolved in 12 oz water  
1 tsp Worcestershire sauce  
½ tsp A1 sauce  
¾ tsp pepper  
1 cup rice  
Blend bouillon with mushroom soup. Add seasonings and vegetables, stir in rice over low heat. Pour in blender. If rice does not blend omit rice. |
| **Tasty Turkey Supreme** | **Spaghetti sauce** |
| 1 large jar turkey baby food  
1 chicken bouillon cube dissolved in 1 cup hot water  
3 tbsp margarine  
¼ cup flour  
¼ tsp salt  
¾ cup milk  
In saucepan melt butter and blend in flour and salt. Add chicken bouillon and milk all at once. Cook over medium heat and stir until thickened and bubbly. Pour sauce over jar of meat that has been warmed. Place in blender, blend until smooth, strain. | 1 can whole tomatoes  
1 -8 oz can tomato sauce  
1 -3 ½ oz can tomato paste  
1 tsp onion salt  
1 ½ tsp oregano  
1 bay leaf  
With Spaghetti or instant mashed potatoes. Put tomatoes into blender until smooth. Add to other ingredients and simmer 45 minutes. Remove bay leaf. Place ½ cup cooked spaghetti or instant mashed potatoes followed by one cup sauce. Blend until smooth, strain. |
| **Lentil Cream Soup** | **Stuffed Potato, liquid style** |
| 3 carrots chopped  
2 stalks celery chopped  
1 sweet onion chopped  
2 cloves of garlic  
750 ml of chicken broth  
1/2 to 1 cup of dried red lentils (you could use white beans also)  
Soften vegetables in small amount of olive oil, add garlic broth and lentils. Simmer until lentils are totally soft. Blend | 1 medium baking potato, cooked  
¼ cup milk  
¾ cup cream of chicken soup  
¾ cup sour cream  
3 tbsp grated cheddar cheese  
1 tbsp margarine  
¾ tsp onion salt  
1/8 tsp pepper  
In saucepan, blend milk with soup, sour cream over medium heat until smooth. Add grated cheese, margarine, stir until melted. Add onion salt, salt and |
in small batches and return to pan. Add a little herb or plain
cream cheese for viscosity if desired

pepper. Place well mashed hot potato in blender. Add
very hot mixture from saucepan and blend until smooth.
Strain. If necessary add more hot milk to dilute. Make
sure milk is hot so potato does not lump and add
seasons.

**Mexican Dinner**

Blend Together:
1 can refried beans (with no add-ins)
½ jar mild/medium cheese whiz or cheese sauce
½ can enchilada sauce
Optional: sour cream
warm in microwave for about 40 seconds. Can be used in no
cheat diet portion as well with fine ground taco beef added

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**SAMPLE MENUS FOR A NON-CHEW DIET**

<table>
<thead>
<tr>
<th>SAMPLE #1</th>
<th>AMOUNT</th>
<th>CALORIES</th>
<th>PROTEIN</th>
</tr>
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<tbody>
<tr>
<td>Instant breakfast in 2% milk</td>
<td>1 cup</td>
<td>275</td>
<td>15</td>
</tr>
<tr>
<td>Oatmeal (instant)</td>
<td>1 package</td>
<td>110</td>
<td>3</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 tsp</td>
<td>16</td>
<td>---</td>
</tr>
<tr>
<td>Fruit juice</td>
<td>½ cup</td>
<td>60</td>
<td>---</td>
</tr>
</tbody>
</table>

| Egg salad | (2 eggs & 2 Tbsp mayonnaise) | 340 | 16 |
| Fruit juice | ½ cup | 60 | --- |
| 2% milk | 1 cup | 125 | 8 |

| Whipped potato & 1 tsp margarine | ½ cup | 125 | 3 |
| Ground beef in gravy (very fine) | ½ cup | 285 | 16 |
| Pureed broccoli & cheese sauce | ½ cup | 105 | 8 |
| Instant breakfast in 2% milk | 1 cup | 275 | 15 |
| Mashed banana | 1 medium | 160 | 1 |

**Total:** 2096 88
<table>
<thead>
<tr>
<th>Sample #2</th>
<th>Amount</th>
<th>Calories</th>
<th>Protein</th>
</tr>
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<tbody>
<tr>
<td>Instant breakfast in 2% milk</td>
<td>1 cup</td>
<td>275</td>
<td>15</td>
</tr>
<tr>
<td>Cream of Wheat</td>
<td>2/3 cup</td>
<td>110</td>
<td>3</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 tsp</td>
<td>16</td>
<td>---</td>
</tr>
<tr>
<td>Scrambled egg</td>
<td>1 medium</td>
<td>80</td>
<td>8</td>
</tr>
<tr>
<td>V8 juice</td>
<td>6 oz</td>
<td>50</td>
<td>2</td>
</tr>
<tr>
<td>Blenderized Macaroni &amp; Cheese</td>
<td>6 oz</td>
<td>163</td>
<td>7</td>
</tr>
<tr>
<td>Blenderized green beans &amp; 1 tsp margarine</td>
<td>½ cup</td>
<td>40</td>
<td>2</td>
</tr>
<tr>
<td>Milk shake from McDonalds</td>
<td>1 medium</td>
<td>440</td>
<td>6</td>
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<tr>
<td>Eggnog</td>
<td>1 cup</td>
<td>250</td>
<td>10</td>
</tr>
<tr>
<td>Mashed Tuna Noodle Casserole</td>
<td>1 cup</td>
<td>280</td>
<td>18</td>
</tr>
<tr>
<td>Mashed carrots (cooked)</td>
<td>½ cup</td>
<td>25</td>
<td>2</td>
</tr>
<tr>
<td>Fruit juice</td>
<td>½ cup</td>
<td>60</td>
<td>---</td>
</tr>
<tr>
<td>2% milk</td>
<td>1 cup</td>
<td>125</td>
<td>8</td>
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<td>Total:</td>
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<table>
<thead>
<tr>
<th>Sample #3</th>
<th>Amount</th>
<th>Calories</th>
<th>Protein</th>
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<tbody>
<tr>
<td>Instant breakfast in 2% milk</td>
<td>1 cup</td>
<td>275</td>
<td>15</td>
</tr>
<tr>
<td>Orange juice</td>
<td>1 cup</td>
<td>120</td>
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</tr>
<tr>
<td>Custard (homemade)</td>
<td>1 cup</td>
<td>306</td>
<td>14</td>
</tr>
<tr>
<td>Tuna Salad (1/2 cup tuna in water &amp; 2 Tbsp mayonnaise)</td>
<td>ALL</td>
<td>285</td>
<td>14</td>
</tr>
<tr>
<td>Soup, blenderized Cream of Potato</td>
<td>1 cup</td>
<td>300</td>
<td>8</td>
</tr>
<tr>
<td>Saltine crackers (softened in soup)</td>
<td>5 crackers</td>
<td>80</td>
<td>3</td>
</tr>
<tr>
<td>2% milk</td>
<td>1 cup</td>
<td>125</td>
<td>8</td>
</tr>
<tr>
<td>Pudding (canned)</td>
<td>5 oz serving</td>
<td>180</td>
<td>4</td>
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<tr>
<td>Chili, blenderized</td>
<td>1 cup</td>
<td>230</td>
<td>19</td>
</tr>
<tr>
<td>Ice cream (soft serve)</td>
<td>1 cup</td>
<td>300</td>
<td>2</td>
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<tr>
<td>Total:</td>
<td></td>
<td>2321</td>
<td>87</td>
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