



Banner Good Samaritan
Medical Center

Patient Care Instructions after a Facial Fracture Repair Surgery

Prescriptions - If you received a prescription for pain medication and antibiotics, follow the directions on the bottle. Take no other pain medications or sedatives without first discussing with your surgeon. Do not operate a motor vehicle or dangerous machinery (lawn mower, etc.) while taking the pain medication. Take the antibiotic as instructed on the bottle. Do not drink alcoholic beverages while taking pain medication.

Pain - Unfortunately, most facial fractures are accompanied by some degree of discomfort. As such, please take your pain medication in a consistent basis, as outlined on the bottle. At times, pain medications (narcotics) may cause nausea, but if you precede each pill with a small amount of food, chances for nausea will be reduced.

Bleeding - Bleeding follows any facial fracture surgery and should not alarm you unless it is persistent or excessive. Oozing can be controlled by the application of gauze at the site of bleeding and placing pressure for 15-20 minutes. Please do not eat or sleep with the gauze in your mouth. Please contact our office if oozing or bleeding continues in spite of these measures. Avoid spitting as it will promote bleeding.

Rinsing - If an incision was made intraorally, begin gentle rinsing with (1 teaspoon salt in 12 oz. warm tap water) four (4) times a day. You may carefully brush your teeth after being discharged, but please be careful to avoid the surgical site. It is important that you maintain good oral hygiene post-surgery in order to help minimize the risk of developing an infection.

**Depending on the procedure, you may be prescribed a mouth rinse. If so, please follow the instructions on the bottle.

Diet - Take only liquids or very soft foods until your intraoral wounds have had several days to heal. During the first week it is best to avoid foods such as sunflower seeds, cereal, grains, chips, etc., that may get caught in the wound. This may delay healing. After the first week, you may advance your diet to what is comfortable for you.

Swelling - Swelling is normal and will usually reach its peak 2-3 days after the procedure. However, it may last as long as 7-10 days. An ice pack applied to your face over the operated area for the first 24 to 48 hours may be helpful in decreasing both pain and swelling. Swelling can also be controlled by elevating your head when you sleep at night. If your swelling increases dramatically, please contact our office.

Smoking - DO NOT SMOKE FOR AT LEAST ONE WEEK AFTER SURGERY. The heat and toxic chemicals in cigarette smoke are harmful to healing wounds. Also, do not use any smokeless tobacco.

Sudheer Surpure, MD, DDS, FACS Jack Buhrow, DDS, MS Gregory Romney, DMD

Stitches - You may notice some stitches in your mouth. These will usually dissolve on their own. Do not be concerned if you lose a stitch prior to your first follow up appointment. In certain procedures, non-dissolvable sutures are used. We will plan to remove those during your postoperative appointments.

Facial Wounds - Please do your best to keep the wounds clean. You may use warm water and mild detergent, or a combination of hydrogen peroxide and water (1 part hydrogen peroxide to 4 parts water). After initial healing, please wear a hat for the first six months and sunscreen when you are outside.

If you are discharged with facial sutures, please keep them as clean as possible. We will remove them in our outpatient clinic.

Nerve Function - Depending on the trauma and/or surgery, it is possible that you have alterations in nerve function. There is nothing immediate that should be done, and is best discussed during your follow up appointments.

Activity/Miscellaneous - Avoid any activities that could traumatize your face for 6 weeks post-operatively. If your wires become loose, please follow up as soon as possible with our clinic. No strenuous exercise for two weeks after your procedure. Keep in mind that as your nutritional intake may be reduced, you may feel fatigued considerable more than before.

Nasal Packing/Nasal Splint - If you had your nose packed, we will plan on removing the packing in our clinic. Please take your antibiotics while your nose is packed. You may personally remove your external nasal splint 7-10 days after your procedure.

Questions/Problems - If any problems arise or if you have any questions or concerns please call the Oral and Maxillofacial Surgery Clinic at (602) 839-5895. If after normal business hours, please call the clinic number and request to speak with the on-call Oral and Maxillofacial Surgery resident. There is a resident available 24 hours a day/7 days a week. If this is an urgent issue or one that cannot wait, then please return to the Banner Good Samaritan emergency department. Please return to the emergency department if you have persistent fevers/chills, dramatic increase in swelling, puss formation, changes in vision or discharge.