

POST-SURGICAL RECOMMENDATIONS FOR MAXILLOFACIAL SURGERY

Process: Care and Treatment | **Code:** CT-FO-141 | **Version:** 03 | **Approval Date:** May 19, 2016

GENERAL CARE

- It is very important that you rest during the first few days. You must avoid intense exercise. You may walk inside the house, watch television, or read. Do NOT take long walks until authorized by your doctor.
- Apply local cold using ice wrapped in a cloth to prevent further swelling, during the days stipulated by your treating doctor.
- During the first night, sleep in a semi-seated position.
- Avoid sun exposure for 8 to 12 weeks to prevent staining and hyperpigmentation of certain areas.
- Oral hygiene will be more difficult to practice. You may perform it the following day, rinsing with the prescribed antiseptic solution.
- Do not leave the city without your doctor's authorization.

DIETARY CARE

- During the first day, avoid consuming dairy products and do not drink carbonated beverages (sodas). These items can cause vomiting and significant discomfort.
- On the first day, the diet must be cold, liquid, or soft, and rich in carbohydrates and proteins (milkshakes, gelatin, juices). Avoid hot, spicy, or salty foods.
- You may or may not use a straw to consume your food; ALWAYS follow the specific instructions of your treating doctor.

MEDICATIONS AND CARE

- Take only the medications prescribed by your treating doctor and for the established duration.
- Avoid Aspirin®, Naproxen®, Advil®, Ibuprofen®, and herbal/natural remedies.
- Consult your treating doctor regarding any medications you were taking before the surgery and their post-surgical administration.
- In case of pain, DO NOT self-medicate; consult your doctor.

DO NOT BE ALARMED

- If you experience pain, swelling (inflammation), and bruising (hematomas) during the first 3 days after the procedure.
- Difficulty opening your mouth and chewing.
- If you experience mild bleeding during the first 12 hours after the procedure.
- Dizziness and vomiting during the first 3 days after the procedure.
- If you present a temperature below 38°C (100.4°F) during the first three days of recovery.

WARNING SIGNS

If you experience any of the following warning signs, you must contact your doctor immediately:

- Temperature above 38°C (100.4°F) after the first 72 hours.
- Heavy or abundant bleeding after the first 12 hours.
- If you notice redness (rubor), heat, swelling, or pain around the wound, consult your treating doctor immediately.

YOUR SAFETY IS VERY IMPORTANT TO US If you have not yet contacted your doctor, you can call the clinic at **2658584 ext. 170-177**. Please note that phone hours are Monday through Friday from 6:00 AM to 9:00 PM. Alternatively, you can write to **seguridad.paciente@clinicaorlant.com** to receive further instructions.

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