



**Hasbro Children's Hospital**  
The Pediatric Division of Rhode Island Hospital  
*Lifespan. Delivering health with care.®*

## **LEFORT MAXILLARY ADVANCEMENT POST-OPERATIVE PATIENT INSTRUCTIONS**

**Dr. Albert Woo**

- ❖ **Stop Aspirin or Ibuprofen 2 weeks before surgery. If these are ordered by a doctor, please clear this with your doctor before stopping.**
- ❖ **If wire scissors have been given to you post op, carry them with you always!**

### **Sinus Precautions:**

You have had surgery on your upper jaw. Please follow the instructions below for at least four weeks after surgery.

- No smoking.
- No nose blowing.
- Please sneeze with your mouth open as possible. This helps decrease the pressure in your nose.
- Please use plain saline nose spray as directed to help keep your nose clear.
- It is common to have nose bleeds after this surgery. If the bleeding cannot be controlled, please call the office.
- No flying, swimming or scuba diving.

### **Diet:**

- **It is important after surgery that you remain on a liquid or pureed diet for the next 4-6 weeks.**
- Stay away from diet or fat free foods so you don't lose too much weight. Anything - even pizza and meats that can be put in a blender will help keep up your calories. Carnation Instant Breakfast, Ensure, Boost, and shakes are good nutrition supplements.

### **Oral Hygiene:**

- It is important to take good care of your teeth and gums to prevent infection.
- Please rinse with Chlorhexidine or Peridex twice a day. Do not eat or drink for ½ hour after rinsing.
- Rinse with water after all meals.
- Brush your teeth gently and regularly. If there are elastics in place, you may take them off to brush your teeth. Put elastics on again after brushing.
- Flossing may not be possible, it is important to brush and rinse as directed.

### **Pain control:**

- For moderate to severe pain, take the prescribed medicine. Do not take on an empty stomach as they may cause nausea and vomiting. Do not drive while on these medicines, as you will be “driving under the influence” (DUI)
- They may also make you constipated. You may have been prescribed a stool softener to help with this. If not, you may ask at the pharmacy for help.
- You may put ice packs to the face for twenty minutes at a time to help with pain and swelling for the first few days.
- The most pain is in the first few days after surgery. After that, acetaminophen and ibuprofen may be used for mild to moderate pain.
- Sleeping with your head up on 2-3 pillows will help with swelling.

### **Activity:**

- After surgery you should not work out or do contact sports for 4-6 weeks.

### **Antibiotics:**

- If you have been prescribed an antibiotic, it is very important to take as directed and finish the prescription.

### **Nausea:**

- This is may be because of the anesthesia for the first 3 days after surgery. Swallowing a small amount of blood during or after surgery also can make you feel sick. Sips of 7-Up or ginger ale every hour may help to relieve the discomfort. Pain medication may also cause nausea. Remember that everything in your stomach is liquid and will come out between your elastics or wires if you need to throw up.

### **Follow-up:**

- Your post-op appointments with Dr. Woo will have been made for you. Please call the office @ 444-2299 if you have any questions.

### **When to Call Dr. Woo's office**

- If you have a fever over 101.5°F degrees
- have foul smelling odor or drainage
- Any questions or concerns you may have
- If it is after hours or on the weekend, please call 444-4000. Ask to speak with the on-call Plastic Surgery Resident.