

Home Care after Surgery for Facial Fractures



Please follow these instructions in addition to those listed on the **General Home Care after Plastic Surgery** sheet you received.

Jaw Fracture

- If you have wires or rubber bands in your mouth, you will need to be on a liquid diet. We encourage you to use such products such as Boost, Ensure, Carnation Instant Breakfast, milk shakes, or baby food. You may choose to liquefy your food in the blender.
- If you **do not** have rubber bands or wires in your mouth, avoid strenuous chewing activities, such as eating steaks, hard candy, ice, gum, or taffy.
- Clean your mouth after every meal with a strong mouthwash. Swish for 1-2 minutes and spit out.
- If you have brackets, you can expect gum or lip soreness. Paraffin wax, candle wax, or dental wax can be placed on the bracket to provide some relief.

If you have brackets you will be sent home with wire cutters. If you vomit, cut the wires and call your doctor.

- If your rubber bands break, call the office.

Cheek and Face Fractures

- Expect swelling of the face and eyes. The swelling may be so great that it will be hard to see for 48-72 hours. The swelling will last 7-10 days.
- Expect slight blurry or double vision for 48-72 hours. If it continues after this time, call your doctor.
- Keep your head elevated by sleeping on extra pillows, or preferably sleep in a recliner for 48-72 hours.
- You may apply compresses, saturated with cold water, to the eyes for the first 48 hours.
- You may wash your face with a mild cleanser.
- Do not use makeup until 48 hours after any stitches are removed.

If you would like more written information, please call the Center for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.

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- ▶ Upon request all patient education handouts are available in other formats for people with special hearing, vision, and language needs, call (614) 293-3191.