Wired Jaw Surgery Post-Operative Patient Instructions

Jaw wiring is a procedure used to hold your jaw in place. You have had this procedure to help your jaw bone heal.

**ORAL CARE:**
- Rinse your mouth with the Peridex mouthwash that was prescribed after surgery three times a day after meals. You can also rinse with salt water (half (½) a teaspoon salt per eight (8) oz. water).
- Brush your teeth with a small, soft bristled toothbrush.
- Always brush in front of a mirror, making sure that the wires and arch bars are clean and shiny.
- Use a spoon handle to hold your cheek out so that you can see all the way to the back, making sure these areas are free of food.
- Do not use commercial mouthwashes such as Scope® and Listerine® until 2 (two) weeks.
- Use Aquaphor® or Vaseline® to avoid dry, cracked lips.

**WIRES:**
You, your friends and family need to know how to cut your wires in case of an emergency such as choking or if you are having severe breathing problems.
- Maintain wire cutters on you at all times in case of emergency.
- **DO NOT CUT YOUR WIRES UNLESS IT IS AN EMERGENCY.**
- **Contact our office immediately if your wires have been cut; they will have to be replaced!**

**DIET:**
- Drink lots of fluids to stay hydrated.
- **DO NOT DRINK ALCOHOL.** Alcohol can cause dehydration and nausea. If you are intoxicated, you are much more likely to suffer severe or life threatening complications such as choking on vomit.
- Consume 6 (six) to 8 (eight) small meals a day instead of 3 (three) large meals.
- Use a blender to liquefy most of the foods in your normal diet by adding warm milk, water or broth to the food.
- Drink Carnation® Instant Breakfast, Ensure® or Boost®
- Eat soft foods. Mashed potatoes, blended soups, soft vegetables, pasta, smoothies, pudding, yogurt, etc.

**ACTIVITY:**
Avoid any strenuous or contact activity.

**IF YOU VOMIT:**
If you feel that you are going to vomit, follow these steps:
- Bend forward or roll onto your side and try to remain calm.
- Put your finger inside your cheek and pull your cheek out.
- Clean your mouth after the vomiting is over.

Call our office for Questions or Emergency Care at (601) 984-5160