

# Post-Operative Instructions for *Facial Fracture*

## Before Surgery

- Do not take any ibuprofen containing products for 2 weeks prior to surgery. Acetaminophen/Tylenol is safe.
  - Wear comfy clothes, wear a shirt that buttons down the front so it is easy to get on/off.
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## After Surgery

- Keep your head elevated on pillows, be careful bending down.
  - Icing the cheeks can be helpful, do not put pressure on the face.
  - Gentle movements of the head/neck to prevent bleeding.
  - Showers are allowed, no swimming/baths/sauna/steam.
  - Sinus precautions: no straws, sneeze with your mouth open.
  - It is ok to gently brush your teeth.
  - Diet: 2 days of mushy food, 2 weeks of soft food (no heavy chewing)
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## Activity

- Do not lift anything >5 pounds.
  - Keep your head up, do not bend down.
  - No makeup for 2 weeks. No heavy exercise (straining/sweating) for 6 weeks.
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## Medications

- Take acetaminophen and ibuprofen for pain. Take the oxycodone for severe pain.
  - Use the peridex mouth wash as prescribed.
  - You do not need any additional antibiotics.
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## What To Expect While Healing

- Bruising is normal, this will be better in 1 week and usually gone by 2-3 weeks.
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## Follow-Up

- You will see Dr. Clain 1-2 weeks after surgery.
- You will be swollen for up to 6-12 months.