

# Dr Alan Samakeh

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**ORAL and MAXILLOFACIAL SURGEON**  
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## **PENRITH:**

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## **WAHROONGA:**

Sydney Adventist Hospital  
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185 Fox Valley Road,  
Wahroonga, NSW, 2076  
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## **PARRAMATTA:**

41 Albion Street,  
Harris Park, NSW, 2150  
Provider number: 6512448B

## **Post-Operative Instructions – Orthognathic Surgery**

Post operative care after surgery is important to optimise the healing process and reduce complications. Please read the following instructions carefully and contact our rooms if you have any queries.

### **Immediately following surgery:**

When you wake up in recovery you will not be able to open your mouth widely as you will have elastics guiding your occlusion or bite. You may also have some bleeding from your nose. Please wipe any nasal discharge, but ensure you do not blow your nose for at least 2 weeks following your procedure.

Avoid spitting and vigorous mouth rinsing as this may cause increased bleeding or dislodgement of the blood clot. Keep your fingers and tongue away from the surgical sites. Drink plenty of fluids, but avoid using a straw as this creates suction in the mouth that could cause complications.

You may have difficulty feeling your lips, cheeks, tongue and palate due to numbness from the local anaesthetic administered during your surgery. This will wear off within 24 hours. Please take care not to bite your lips, cheeks and gums. The numbness will gradually improve over 3-6 months following your procedure.

Please ensure you maintain a strictly puree, non-chew diet for at least 6 weeks following your procedure. Your surgeon will notify you when it is safe to resume a normal diet during your upcoming follow-up appointments.

Restrict your activities on the day of surgery and return to normal activities slowly. Your regular food and liquid intake has been reduced during and after your surgery, so you may get light headed, dizzy or weak. Place intermittent ice packs on the outside of the face (20 minutes on, 15 minutes off) as continuously as tolerable for the first 48 hours to decrease swelling. Make sure to get lots of rest on the day of your surgery. Avoid smoking and alcohol during the first 2 weeks after your surgery.

### **Bleeding:**

Slight bleeding and redness in the saliva is common after surgery. If there is continued excessive bleeding call our rooms or your nearest Public Hospital Emergency Department immediately.

### **Swelling:**

Swelling is normal after any surgical procedure, including in the mouth and face. The swelling will usually reach its maximum extent in 5 days, and gradually reduce over a 2-4 weeks period. Persistent swelling after this time may indicate a post-operative infection, which should be reported to our rooms immediately. To help with post-operative swelling, use cold packs (as highlighted above), avoid lying flat and sit upright for the first 24-48 hours after your surgery.

### **Pain:**

Please take your prescribed pain killers as discussed with your doctor to help with post-operative pain. Pain not controlled by medications should be reported to our rooms. Continue to take the prescribed pain medications as directed and as needed for pain relief.

**Infection:**

As highlighted above, swelling in the first 3-7 days represents normal post-operative inflammation. Ongoing or worsening swelling after this time can indicate post-operative infection. Other signs of infection include swelling that is painful, hard, hot, a foul taste or odour in the mouth, and/or a fever above 38°C. Post-operative infection is a serious complication and should be reported to our rooms immediately. Hospital admission may be required in some cases.

**Oral hygiene:**

This is important to help reduce the risk of an infection. Gentle mouth rinsing with the prescribed mouth wash should begin the day of your surgery. You are also encouraged to brush your teeth on the day of your surgery and when you get home, but be gentle around the surgical sites.

**Nausea and vomiting:**

After a general anaesthetic, you may feel nauseated and vomit. To help avoid this, do not take your medications on an empty stomach. Try to stay hydrated with liquids. You may sometimes feel nauseated from the prescribed opioid pain killers such as codeine or oxycodone. If this is the case try stopping the pain medications. If you have continued nausea and vomiting, please call our rooms for further instructions.

**Facial bruising and discolouration:**

After facial and oral surgery, you may notice bruising and/or discolouration around the jaws. You may also notice the bruising migrate down your neck and chest with time. This is a normal post-operative healing processes and should subside after 2 weeks.

**Jaw tightness and limited mouth opening:**

This is normal following oral surgery and will improve over time. You may perform gentle jaw exercises to help increase your jaw opening after 2 weeks of your procedure.

**Sutures (stitches):**

Your sutures will dissolve on their own 2 weeks after surgery. You may notice that they loosen after the swelling of your gums decreases. This is normal.

**Questions:**

Your well-being is our primary concern. It is our sincere desire that your experience be the least uncomfortable or anxiety provoking. Should you have any questions regarding your recovery, please do not hesitate to contact our office on 1300 49 49 79, or your surgeon Dr Alan Samakeh directly on 0438 665 760. In the event of an unexpected admission to a hospital related to treatment provided by Dr Alan Samakeh, please contact us directly.