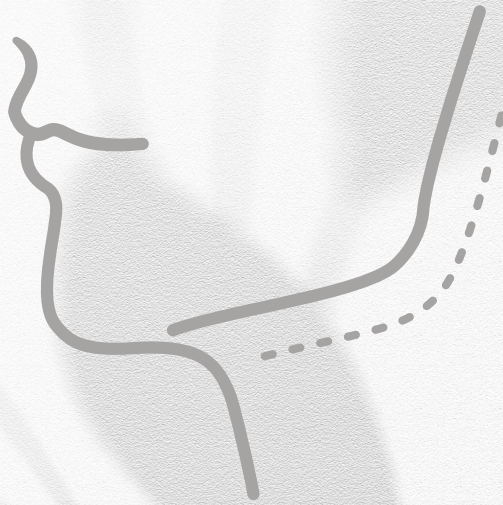


MACARTHUR
SURGICAL
CENTRE
ORAL +
MAXILLOFACIAL
SPECIALIST



PATIENT GUIDE TO
CORRECTIVE JAW SURGERY

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Welcome to your jaw surgery journey

This booklet is designed to guide you through every step of the process, from preparing for surgery to recovery.

Our goal is to ensure you feel informed, confident and supported throughout your treatment. Dr Singh and our dedicated team are here to provide you with the highest standard of care, so please feel free to reach out if you have any further questions.



Table of Contents

Understanding Corrective Jaw Surgery, Risks and Complications	3
About Dr Jasvir Singh	4
The Planning Process	5
Patient Checklist for Pre-Operative Preparation	6
Hospital Admission	7
Post-Operative Care	8
Post-Operative Care - Pain management	9
Post-Operative Care - Suggested diet plan	11
How to Support Your Healing?	14

Understanding Corrective Jaw Surgery

Corrective jaw surgery, also known as orthognathic surgery, is a procedure that realigns the jaws and teeth to improve function and appearance, often in conjunction with orthodontic treatment.

It is beneficial for individuals who experience a range of issues related to jaw misalignment or facial asymmetry that cannot be corrected with orthodontic treatment alone. Jaw growth is also a gradual process and in some instances, the upper and lower jaws may grow at different rates. Benefits include improved bite function, enhanced facial aesthetics, better speech, reduced wear and tear on teeth, and relief from temporomandibular joint (TMJ) disorders.

Candidates for orthognathic surgery undergo a thorough evaluation by an orthodontist and oral and maxillofacial surgeon to determine if they are suitable for the procedure. Careful coordination between the surgeon and orthodontist is essential to ensure that the teeth will fit correctly after the surgery. It often includes braces before and after surgery, and retainers after the final removal of braces.

Risks and Complications

As with any surgery, corrective jaw surgery carries some risks. These may include swelling, temporary or permanent numbness from nerve damage, infection, difficulty opening the mouth, and changes in bite alignment.

In some cases, the jaw may gradually shift back to its original position after surgery, which may require additional treatment to maintain the desired outcome. In certain situations, a second surgery might be necessary to correct complications or further refine the results.

Jaw surgery is safe when performed by an experienced oral and maxillofacial surgeon through meticulous planning and a close-knit collaboration with your referring orthodontist. Serious complications are uncommon, and our team takes every precaution to minimize risks.

About Dr Jasvir Singh

As one of the foremost experts in oral and maxillofacial surgery with nearly 20 years of experience in Australia, Dr Jasvir Singh is highly regarded in his field. His in-depth insights into oral and maxillofacial surgery, combined with the use of state-of-the-art 3D planning technology, ensure unparalleled accuracy, reduced operating times, and customized outcomes tailored to each patient's individual needs. His dual degree in dentistry and medicine make him uniquely qualified to handle more complex issues, offering specialized solutions for conditions involving the mouth, jaw, neck, and face.

Throughout his career, Dr Singh believes that patients are entitled to good doctors. Those who are competent, keep their knowledge and skills up-to-date, are honest, trustworthy, and act with integrity. He strives to uphold his principles by performing a wide range of maxillofacial procedures, including wisdom teeth removal, orthognathic (jaw corrective) surgery, dental implants (including All-on-4 full-arch rehabilitation), facial trauma treatment, oral cancer surgery, and reconstructive surgery for head and neck deformities.



Dr Singh and his team have performed countless jaw surgery cases, helping patients regain proper function, improve facial balance, and enhance their quality of life through precise surgical techniques and personalized care.



The Planning Process

1 Consultation

Examination and assessment, which includes reviewing the information provided by your referring dentist or orthodontist and your diagnostic x-rays.

2 Additional radiography records

This may include an updated OPG, Lat-Ceph, and/or CT scan at your nearest radiography centre.

3 Clinical photography

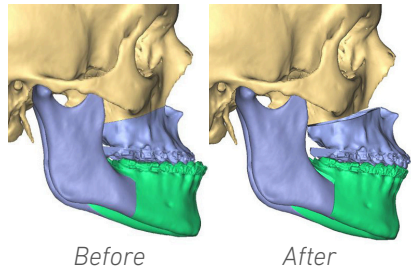
This serves as a vital tool for diagnosis, treatment planning, baseline records, and communicate effectively with patients and other professionals.

4 Intraoral 3D scan and printer

Our in-house intraoral scan captures and forms 3D modelling of your teeth. This will then be printed as a physical study model to help visualise and align your bite into the desired position.

5 Orthognathic planning session

Using our advanced orthognathic planning software and careful coordination with your orthodontist, we project the optimal outcome and plan the surgery accordingly.





Preparing for jaw surgery requires careful planning. We put a lot of thoughts and refer to the Enhanced Recovery After Surgery (ERAS®) protocols to reduce your post surgical stress response, optimise your physiologic function, and facilitate a smooth recovery

. Please review the following checklist and instructions to help you get ready for your procedure.

Patient Checklist for Pre-Operative Preparation

❑ **Optimising supplementation**

Get *Bromelain*, a natural pineapple enzyme which may help reduce pain, bruising, swelling and improve healing. Other vitamins we would recommend are vitamin A, thiamine, or folic acid to be taken in the first week after surgery, vitamin B12 to support neurosensory recovery, vitamin C to supplement the pain management, vitamin D to support healthy bones, and vitamin E to support the immune system. Please consult with your healthcare provider before starting any supplements.

❑ **Maintain Oral Health**

Schedule a dental hygiene appointment to ensure that your oral health is in optimal condition 2 - 3 weeks prior to surgery. Clean, healthy gums and teeth are essential for reducing the risk of infection and promoting better healing.

❑ **Plan Your Post-Operative Diet**

Jaw surgery recovery requires a specific diet that evolves as healing progresses. We recommend planning your diet to align with the stages outlined in the post-operative instructions provided. A well-prepared meal plan will support a nutritious recovery and make the transition easier post-surgery.

Hospital Admission

Orthognathic surgery is performed within a hospital environment and requires a stay of 2-4 nights, depending on the procedure. As a fully integrated cancer treatment and specialist surgical center, Chris O'Brien Lifehouse in Camperdown provides an optimal environment for complex procedures second to none in New South Wales.

Dr Singh is privileged to operate at this facility due to his active involvement with the Head and Neck Department, allowing him to contribute to multidisciplinary patient care while ensuring the highest level of surgical expertise and post-operative support.

1

Once the surgery date is booked, you will soon receive a link from us to complete the e-Admission on Chris O'Brien Lifehouse Portal.

2

You must complete the digital consent and the e-Admission at least 2 weeks prior to your surgery to avoid any delay.

3

Chris O'Brien Lifehouse will contact you a day before surgery with the expected arrival time and fasting instructions.

For more information, scan the QR code to bring you straight to Chris O'Brien Lifehouse's website.

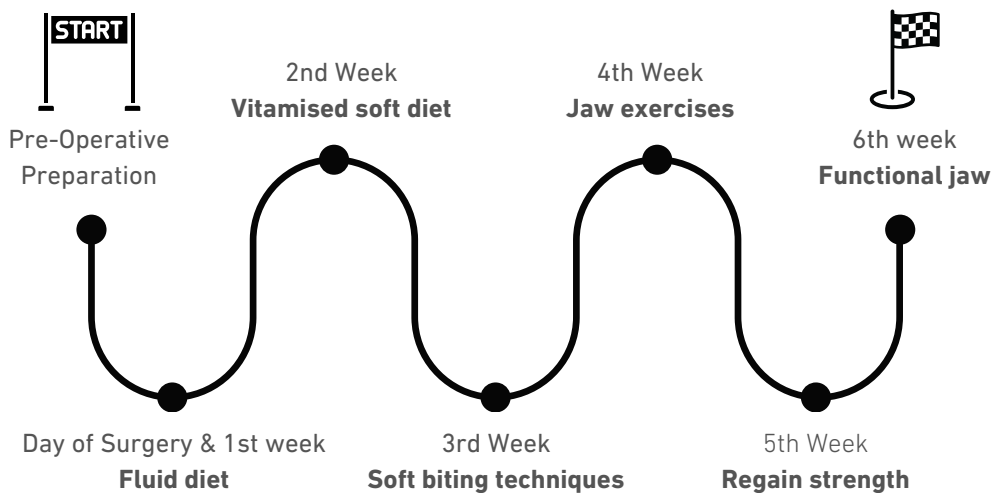


A few things to take with you to the hospital:

- Personal care items
- change of clothes, nothing pulls over the head such as buttoned-up shirt, cardigan, zip up jacket.
- head or neck wrap to keep warm
- lip balm, any brand
- face wipes
- any medications
- any orthodontic aligners.

Post-Operative Care

Based on Prospective Healing Timeline



Day of Surgery & The 1st Week

Post-operatively your jaws will be held together using orthodontic elastics for stabilisation purposes. Your surgeon will determine at which stage these can be removed. This means you will have very minimal mouth opening. You will initially need to eat and drink using a plastic syringe, squeezable clear sauce bottle or a small spoon.

As your swelling reduces you should be able to drink from a cup and eat with a dessert spoon. Even though you will only be able to open your mouth a small amount you will still not be able to chew for approximately 6 weeks.

Anything blended or liquid is acceptable. You may also have foods that are soft enough or small enough to be mashed between your tongue and teeth without chewing.

Pain Management

Take prescribed pain relief medication as directed, especially in the first few days. Local anaesthetic usually wears off a few hours after your procedure so your first pain relief dose should be taken before this numbness subsides.

	No pain	Mild pain	Moderate pain and 1st dose after procedure	Moderately severe pain	Severe pain
Panadol	-	1	2	1	-
Nurofen	-	1	2	2	2
Panadeine Forte	-	-	-	1	2

The table above shows the recommended dose based on the pain level.

For moderate to severe pain, the regimen is '4 x 4' which means taking **4 tablets FOUR times a day**, as needed. That makes a maximum of 16 tablets per day.

This plan is designed to simplify your post-operative pain management. We recommend taking regular pain relief for approximately 48 hours after surgery, after which you can reassess your need for further medication.



- 1 Panadeine Forte **substitutes** 1 Panadol.
- Strong pain relievers may cause constipation, so it's important to include fiber-rich foods in your diet or consider supplements like Metamucil.

Bruising and Swelling

This is a normal part of recovery and may last up to six months, with noticeable improvement starting after the first week. Bruising will change from purplish to yellow, then orange as it heals. Below are some tips to manage bruising and swelling:

- Use an ice pack during the first 48 hours to reduce swelling and discomfort.
- After 2-3 days, switch to a heat pack to relax muscles and aid circulation.
- Gentle facial massage techniques, such as *gua sha*, may help improve blood circulation.
- Light physical activity, like walking, can encourage better blood flow, helping bruises to heal faster.

Numbness

Numbness in the jaw, lips, or chin is expected and can last for several weeks or even months. While it improves gradually, it may take time to fully regain sensation.

Limited Mouth Opening

Your ability to open your mouth will be restricted immediately after surgery but will improve as you heal. Jaw exercises recommended by your surgeon may assist in regaining movement.

Rest is critical to your recovery. Be sure to get plenty of sleep and avoid strenuous activity during *the first two weeks post-surgery* and be sure to follow your perioperative care instructions *carefully*.

Suggested diet plan

For **1-2 days** post operatively, you will be on a '**Clear Fluid Diet**'. This diet will be your first form of nutrition after surgery and involves no chewing. This includes liquids or liquified food at room temperature or cooler, for example:

- Water, plain, carbonated or flavoured
- Clear soups or broth
- Black tea or coffee
- Strained fruit juice
- Powerade
- Plain jelly
- Flavoured ice blocks

Several days post operatively, you will be on a '**Free Fluid Diet**'. This diet consists of food that is liquid or mushy and should not be too hot. It should be high in energy, protein, and other nutrients such as the following:

- Milkshakes, fruit smoothies
- Fruit juice
- Iced coffees
- Yogurt
- Ice cream
- Thin custards
- Strained vegetable stock
- Thin soups or broths

A protein-rich and nutritious diet will greatly support your recovery and help speed up tissue healing. We recommend that you *eat small meals 5 – 6 times a day* rather than 3 larger meals.

Please *weigh yourself* when you arrive home from hospital and then once every 4 – 5 days. You should try and *keep your weight stable*. Losing weight indicates that you are not consuming enough calories and this can delay your healing.



2nd Week

Bruising will have reduced significantly, and swelling will be less noticeable. The next stage of the diet plan is a '**Vitamised Soft Diet**'. It is required for several weeks after surgery to enable adequate nutrition whilst your jaw has limited movement and involves minimal chewing. All foods in this diet should be blended until they are smooth and free of lumps.

Menu

• SAVORY •

Scrambled eggs with white sauce or cheese sauce
Smooth ricotta and cottage cheese
Pureed beans and lentils, i.e. baked beans
Pureed vegetables
Pureed mince meat
Pureed pasta, i.e. macaroni and cheese
Mashed potato or pumpkin
Mashed avocado
Cooked boneless tender meat, fish, or poultry
blended with gravy or cream soup
Porridge

• SWEET •

Frûche
Mashed, stewed fresh, or tinned fruits
Weetbix soaked well in warm milk
Sago and tapioca pudding
Creamed rice pudding (blended)
Mousse
Honey
Cream
Crème caramel
Apricot nectar

Attend your weekly *review appointments* to ensure that you are in the right path to recovery.



3rd Week

You can begin eating soft foods with more texture, such as rice, noodles, and pasta. Use soft biting techniques to avoid straining your jaw.



4th Week

You should be able to open your mouth more comfortably. Continue any jaw exercises prescribed to restore full movement.



5th Week

You may experience further improvement in jaw mobility and strength.



6th Week

Most swelling should have subsided, and normal eating patterns may gradually resume with soft solids.

How to Support Your Healing?

Maintain Nutritious Diet and Hydrate


- Stick to a liquid or free fluid diet for the first few days following surgery.
- Please consume adequate fluid post-surgery. Aim for 2 – 3 litres per day. This may seem like a large volume but it can be achieved easily by frequent sipping.
- Use a sauce bottle or syringe to help with eating, especially if your jaw movement is limited.
- Consider adding *Metamucil* to increase fibre intake. It is important to add fibre to your diet after the surgery to prevent constipation. Please note that fibre should be gradually added to your diet over a few days. Should these measures fail, mild laxatives are available at your pharmacy without prescription. Alternatively, please speak to your surgeon about your options if these methods prove no relief.
- Liquid nutrition is available in a convenient form and is perfect for in between meals to support healing and maintain energy. *Sustagen* and protein shakes can be purchased from your pharmacy or grocery store.

Maintain Good Oral Hygiene

- Keeping your mouth clean is essential to promote healing and prevent infection.
- After the first 24 hours, rinse with chlorhexidine mouthwash or a saltwater solution (1/2 teaspoon salt in a cup of warm water) three times daily.
- 3-4 days from the day of surgery, begin brushing gently around your gums and stitches using a soft-bristle toothbrush.

Moisturise Your Lips

- After jaw surgery, your lips tend to dry out due to reduced mouth movement and breathing through the mouth.
- Keep your lips moisturised regularly using a lip balm or ointment.



Healing takes time.
Rest, nourish, and trust
your body's ability to
recover.

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