



Post-Operative Care for Patients with a Wired Jaw

Oral Care

- Rinse your mouth 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 weeks.
- Use Aquaphor or Vaseline to avoid dry, cracked lips

Wires

You, your family and friends 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!
- If wires are removed, place 2-3 rubber bands on each side of the jaw connecting the top and bottom braces together.

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 milk, water or broth to the food.

Vomiting

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.