**Contacting our office**

Our highest priority is for every patient to be able to access our department when they have a question about their care. Please use the following guidelines to contact our office if you have questions about your care:

1. To **schedule an appointment**, please call 202-444-8751 and press option #2
2. Refer to FAQs to see if your question is addressed in our list
3. **Patient Portal**-**This is the best method to get a response within the same day**. Our nurse practitioners will monitor patient messages throughout the day and respond by the end of the workday. Please refer to the last page of your discharge instructions on how to set up the patient portal.
4. **Contacting office**-Call 202-444-7073 to speak to front desk.
5. **After hours care**- For any urgent after hours needs, call 202-444-7243 and ask for the Plastic Surgery Resident on call.
6. To obtain **test results or get a copy of your medical record**, please call 202-444-8751 and press option #3
7. To inquire about **billing or a referral**, please call 202-444-8751 and press option #4
8. To find **directions** to Georgetown Hospital, please call 202-444-8751 and press option #5

**Dr. Baker – Post Operative Information Jaw Surgery**

Orthognathic (jaw) surgery typically involves intraoral incisions and modification of the facial bones. The following instructions serve as a guide for post-operative care.

**Post-op appointments (please call office to make)**

 • 1 week after surgery

 • 2 weeks after surgery

**Medications:**

You should have received the following prescriptions:

 • Peridex rinse: rinse and spit once in the morning and once before bed

 • Medrol (steroid) dose pack: take as directed on package

 • Zofran: take as directed for nausea

 • Pain medication: take as directed for pain

 • Antibiotics: take as directed

The following “over the counter” medications are recommended:

 • Saline nasal mist (Ocean Spray)-use to moisten nose as much as desired

 **• Afrin-TRY TO AVOID. Definitely, do not use more than 3 days duration.**

 • Pseudoephedrine-take 30mg every 6 hours as needed

**Other items to bring home from hospital**

 • Red rubber catheter

 • 60cc Toomey syringe

**JAW SURGERY**

**Diet:**

You will be sore after your surgery. You should limit yourself to a soft diet. High calorie fluids such as Ensure, Sustacal, GNC protein shakes, and Carnation Instant Breakfast are recommended for maintaining nutrition. Liquid yogurt such as “Gogurt” and “Danimals” are also easy to ingest. When your body is healing, it requires extra nutrition. Soft foods such as scrambled eggs, yogurt, ice cream, oatmeal, pudding, and soup, are okay to eat as well. You will likely have runner bands on your teeth keeping you from opening your mouth. You can drink from a cup, or you can use the red rubber catheter and syringe that you were given in the hospital.

**Nausea and Vomiting:**

It is not unusual to experience nausea and vomiting postoperatively. Usually, this is limited to the immediate postoperative period and is related to either blood that was swallowed during surgery or the anesthesia medications. Zofran is one of the medications that you have that will help minimize this problem. If nausea/vomiting persist for more than 3 days, call Dr. Baker’s office.

**Pain:**

This procedure is not very painful compared to other procedures. The nerves that cause you pain in your cheeks and lower jaw will be temporarily numb from the stretching that occurs during surgery. The pain medication should be taken as directed for postoperative pain. You will feel malaise and lethargy that may take several weeks to resolve.

**Sutures:**

All the sutures on the inside of the mouth are dissolvable. It is normal for the sutures on the inside of the mouth be last about 2-3 weeks before they dissolve. If there are sutures on your cheek (you had lower jaw surgery), these will be removed 1 week after surgery.

**Oral Hygiene:**

You may gently brush your teeth with the softest possible toothbrush and toothpaste. Use the Peridex rinse too as this has excellent antibiotic activity. A Water Pik™ may be used directly on the teeth and or splints but NOT into the wounds or at the sutures.

**Swelling and Bruising:**

Swelling may be significant. Facial feminization is a major procedure that involves mobilizing facial bones. It is normal to experience a moderate degree of swelling. Most of this resolves by 3-4 weeks. Subtle degrees of improvement will occur for up to a year. Bruising is minor in teens but can be more prominent in adults.

**Numbness:**

It is normal for the cheeks and lower lip to be numb for several months after surgery. Numbness gradually improves with time, and almost all sensation will return to normal with time.

**Bathing:**

You can bathe as soon as it is comfortable. If you are dizzy or feel faint, do not get into a shower or bathtub and risk a fall. You should have a chaperone until you feel strong and well enough to ambulate and move well without assistance. It is okay to get the face wet in the shower, and baths are okay unless an incision was made on your hip to harvest bone, in which case, you want to avoid water for 14 days.

**Reasons to Call:**

• Temperature of 101.5 or above

• Excessive drainage and/or bleeding

• Increased redness

• Increased swelling or abnormal swelling of one side compared to the other

• Pain that is not tolerable after taking pain medication

• Inability to urinate within 6 hours of leaving the hospital

**FAQs**

**Should I apply ice to my face?**

Ice is typically only effective for about 24-48 hours after surgery. If used, apply periodically rather than continuously. Your face may be numb and your body will not be able to tell you that it is too cold.

**How should I sleep?**

Keeping your head elevated on pillows is good for the first week after surgery to keep the swelling to a minimum.

**When can I drive after surgery?**

Remember that narcotic pain relievers may impair motor skills. It is recommended that driving not be done until your pain is being relieved with over counter pain relievers like ibuprofen (Motrin, Advil), aspirin, or acetaminophen (Tylenol).

**I felt a stitch come out. Is this normal?**

The sutures (stitches) are all dissolvable. They typically begin to come out in about 7-10 days.

**I had a fever about 2-3 days after surgery. Is this okay?**

It is normal for anyone who has had a general anesthetic to have a low grade fever the first few days after surgery. This is not related to an infection. Wound infections typically do not cause fevers until 3-6 days after surgery.

**myMedStar Patient Portal**

**myMedStar** is a free, secure and convenient way to manage your health care and communicate with your physician.

**With myMedStar you can:**
● Request and view upcoming appointments
● View most lab, radiology and pathology results as soon as they are available
● Renew prescriptions
● Exchange secure email messages with any of your MedStar Health care providers
● View summaries of your hospital or office visits
● And more

**How to Enroll:**

**Self-enrollment**
1. Go to *myMedstar.org*
2. Click **Enroll Now**
3. Follow the instructions to enroll. You will need:

● First and last name
● Date of birth
● Email address or this **PatientID - Your unique patient ID appears on page one of your discharge paperwork**

**Email Invitation:**

If you provided an email address during registration you should have received an invitation to enroll in the myMedStar patient portal.

● From within the invitation, click the link to accept the invitation.
● After successful verification, you will be prompted to create your account. Follow the onscreen instructions to complete the enrollment process.

MedStar Health is dedicated to helping improve your overall health care experience by providing convenient, streamlined resources to help you better manage your health. We now offer the ability for you to securely connect some of the health management apps you may use(i.e. fitness trackers, dietary trackers, etc.) to your health record. Email us at mymedstar@medstar.net if you are interested. Once we receive your request, MedStar Health will work with the appropriate vendors to determine if they meet the technical requirements in order to establish a secure connection.

If you have questions or need assistance creating your account, please contact myMedStar support toll free at 1-877-745-5656, 24 hours a day, 7 days a week.