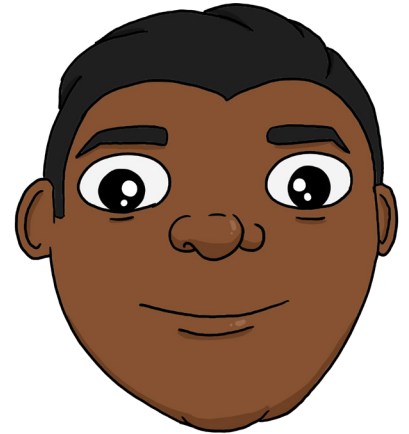




Care after

## Mandibular/maxillary surgery

(man-di-bul-ar)/(max-il-airy)



It can take at least 2-3 weeks for bub to heal after their surgery.

They will need to take it easy and get lots of rest until their follow-up appointment. Bub can do quiet activities at home.

### To help heal well after surgery, no:





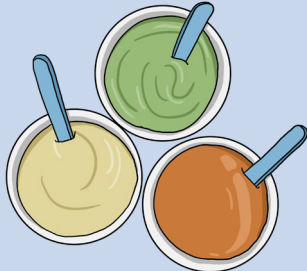
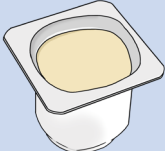




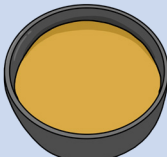
- playing sports
- rough play
- school
- try not to blow bub's nose for \_\_\_\_\_ week(s) and keep their head up as much as possible.

### Diet

Bub will need to have a special diet after the surgery. This will help bub's mouth to heal.

- The first few weeks after bub's surgery, you will need to follow the advice from the **Dental and Plastics Departments**.
- Offer bub foods as suggested by the team, either a pureed diet, minced and moist or soft and easy to chew.
- Bub should drink **plenty of water**.

# Special food chart

<p style="text-align: center;"><b>Level 3</b> <b>LIQUIDISED (LQ3)</b></p>						
<b>What it looks like</b>	Can be eaten with a spoon or drunk from a cup					
<b>Bub can have</b>	<ul style="list-style-type: none"> <li>• Water or strained fruit juice</li> <li>• Fat free clear soup, broths, clear jelly</li> <li>• Prescribed supplements from the dietitian</li> </ul>					
<b>Food like</b>	Custards 	Cheese or white sauce and gravy 	Baby rice cereal made runny or watery 	Tomato sauce and thin soup like tomato 	Pureed veggies and fruit like baby food 	
<b>Don't give bub</b>	Cream soups, ice cream, milk, prune juice or juice with pulp, jelly with add fruit anything with fat in it					
<p style="text-align: center;"><b>Level 4</b> <b>PUREED (PU4)</b></p>						
<b>What it looks like</b>	Smooth with no lumps, not sticky, not chewy. Can be eaten with a spoon.					
<b>Bub can have</b>	<ul style="list-style-type: none"> <li>• Strained meat and vegetable soup</li> <li>• Strained fine porridge and fruit juice</li> <li>• Milk, yoghurt (no lumps), thin custard and ice cream</li> <li>• Prescribed supplements from the dietitian</li> </ul>					
<b>Food like</b>	Flavoured custards Yoghurt 	Cheese or dip or spread 	Wheat biscuit cereal with milk or water 	Baby rice cereal made thicker or creamy porridge 	Mashed or thicker pureed veggies and fruit Pureed meat and lentils baby food 	Thicker soups like pumpkin 
<b>Don't give bub</b>	Lollies, yogurt with lumps, unblended soups					

## Mouth care

- Its important to look after bub's mouth to stop the wounds from becoming infected or the mouth damaged.
- Rinse bub's mouth with cooled boiled water after all medications, food and fluids.
- You will be given a waterpik in hospital to help with cleaning.
- Rinse bub's mouth with chlorhexidine mouthwash 2 times a day for 7 days after surgery. You will be given a bottle of mouthwash before you leave the hospital.
- If bub's jaw is "wired", check the wires 2 times a day to make sure they have not snapped or are causing mouth sores.
- Change any broken bands straight away, if bub's jaw is "banded".
- If you do not know how to change the bands, go straight to the emergency department for help.

If you have any worries or concerns call 6456 2222 ask for **Dental Department** from Monday-Friday 8:00am-4:00pm.

## Signs of infection

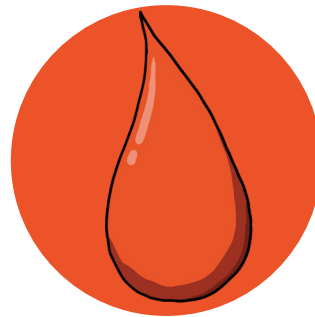
Watch out for signs of infection:



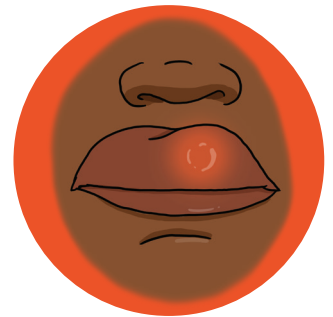
Temperature



A strong smell, bleeding or oozing from their mouth or their lip



Bleeding or ooze from their mouth or their lip



More swelling or redness around their mouth or their lip

See your GP, health clinic or go to the emergency department.



### Paracetamol (Panadol)

Given at: \_\_\_\_\_

Next dose at: \_\_\_\_\_

**No more than 4 times in 1 day**

See packet instructions

## Follow up appointments

It is important to come to bub's follow up appointments.

- The **Dental Department** will send you a dental appointment.
- The **Plastics Clinic** will send you an appointment with a Plastics doctor.

If you did not get an appointment or need to change your appointment, please call **Outpatients Direct** on 1300 855 275.



Government of **Western Australia**  
**Child and Adolescent Health Service**

**Child and Adolescent Health Service**

15 Hospital Avenue, Nedlands, WA, 6009.

Telephone: (08) 6456 2222

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formats on request for a person with a disability.**

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healthcare professional for any medical advice needed.

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