

# Your Jaw Surgery

## **Toothbrushing Advice**

After your surgery it is important you maintain a good standard of oral hygiene to aid a fast recovery and prevent infection. Please see the following advice:

- Following surgery it is important to keep the surgical area clean.
- Brushing is the most effective way of removing food debris and bacteria (plaque), which constantly forms on your teeth.
- As soon as you are able, you need to use a small baby toothbrush and use a thorough approach starting at one end of the mouth and finishing at the other.
- Brushing will be difficult at first due to the limited opening and swelling
- It is also important to continue using interdental brushes between the teeth and around the brackets as well as other oral hygiene aids
- You may find this all uncomfortable at first but don't worry as you cannot do any harm.
- Use the antiseptic mouthwash you are given as directed (normally after every meal) for approximately a week.
- We also suggest you use a salt water mouthwash and continue with this for a couple of weeks.
- To make a salt water mouthwash: Fill a mug with warm water (this should be as warm as you can tolerate without burning yourself), add one teaspoon of table salt and stir until dissolved. Gently rinse around your mouth and spit out. Finish the whole mug.

- NO SMOKING - Smoking significantly reduces the blood supply in the mouth and slows down the healing process; it also leaves your mouth dirty. Patients who smoke are at a much higher risk of postoperative complications and infections.

Please see your Orthodontist or your Surgeon if you are unsure about any of the above points or have any further questions.

Please also take a note of the contact details for your department during normal working hours and in an emergency so that you can make contact easily.