

## Recovery Status Report

Patient: Jim Koch

Surgery date: 5/30/2019

Today's date: **5/31/2019**

Recovery time todate: **1 day**

Maxillary 3-part osteotomy  
Mandibular ramus osteotomy  
Genioglossus advancement

Days on Percocet: 0 (5/31)

Days on Amoxicillin: 0

Best meal to date: nada

Weight loss so far: 0 lbs (the fun is just starting)



To All....obviously from the photo, I'm writing this status report several weeks after actually experiencing the first full day post surgery. So here it goes.

The first 24 hours are the roughest. It's like having an *Alien* facehugger latched to your pie hole, but instead of a tail wrapped around your neck, you experience tubes up your nose and all airflow goes through your nostrils because your mouth is taped shut.

I don't remember too much given I was on intravenous pain meds. In my case, the morphine drip wasn't cutting it, so the ICU crew switched me to an alternative pain killer which did the trick. Having never been on morphine before, I didn't know my body would find it so ineffective. Good to know in case of a future surgery!

So the day after my 57th birthday, I had an elective surgery out-of-state to widen my airway and improve my quality of breath. The surgery entails expanding both my upper (maxilla) and lower (mandibular) jaw by surgically breaking it in four places, as well as moving forward the chin bone where my tongue is attached. Any regrets? I'll save you the suspense...no! You get through the surgery, the doctor removes the head gear on the second day, the fog in your head clears, you start the Percocet, you eat through a tube and sleep with your head elevated...and the recovery begins. From day 1 post surgery, my snoring was gone and I felt what it is like to take a full, unrestricted breath.