

Recovery Status Report

Patient: Jim Koch

Surgery date: 5/30/2019

Today's date: **6/3/2019**

Recovery time to date: **5 days**

Maxillary 3-part osteotomy

Mandibular ramus osteotomy

Genioglossus advancement

Days on Percocet: 3 (5/31-6/2)

Days on Amoxicillin: 4

Best meal to date: Ensure
(vanilla)

Weight loss so far: ~8 lbs



To All....again. I'm writing this status report several weeks after returning home to California and now having a little perspective on my jaw surgery.

If the first post-surgery day is the *Alien* facehugger experience, the next three days are your face recovering from going 10 rounds with Mike Tyson. Your lips are beat up, stretched, and cracked after the surgery. You really start feeling it from day 2 on.

At this point, I've moved into a long stay hotel after spending 2 nights at Mercy Hospital in St. Louis. In the photo above, I'm having my first post-surgery appointment with my surgeon, Dr. Movahed, at his office in Chesterfield, Missouri. It turns out Dr. Movahed is *Breaking Bad* fan too!

My mouth, jaw, nose and lips are very tight and sore. Percocet is the painkiller of choice, but I got off this opioid by my first appointment date (6/3) and switched to Ibuprofen as needed. Given the numbness around your entire mouth, my diet is 100% liquid including Ensure, bone broth, V8 and milk. My appetite from day 2 through day 5 was suppressed given the antibiotic (Amoxicillin) disagreed with my stomach. Once I stopped the antibiotic, my eating and general health improved quickly. Bottom line...by day 5 you are upright, feeling better but still weak, hungry and taking naps as the recovery continues.