

Recovery Status Report

Patient: Jim Koch

Surgery date: 5/30/2019

Today's date: **6/12/2019**

Recovery time todate: **14 days**

Maxillary 3-part osteotomy

Mandibular ramus osteotomy

Genioglossus advancement

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

Days on Amoxicillin: 4

First solid food: chili

(St. Louis airport on 6/11)

Weight loss in first two weeks
after surgery: 18 lbs



Hi Iryna...It's great to finally be home in California. Energy level good, pain level okay, just very sensitive to and aware of anything near my face. Experiencing tightness around my nose and cheeks, but at least I have feeling in all facial areas including my chin. I understand that sometimes the Genioglossus advancement can degrade the nerves in the chin area, but I definitely have full sensation.

At this point in the recovery, changing the rubber bands connected to my braces is the most irritating part of my recovery day. Sometimes with additional soreness after changing out of all four rubber bands, I take 400mg of Ibuprofen and apply a cold compress to my cheek area to get relief. Overall I'm lucky that my discomfort is minor compared to what some jaw surgeries can inflict.

As you can see from the photo, I have definitely shed some pounds. Also, one side of my chin has a little more swelling than the other. All is good, definitely more hungry, will get creative with what solid foods I blend in the Vitamix and put over rice and/or pasta.