

Recovery Status Report

Patient: Jim Koch

Surgery date: 5/30/2019

Today's date: **6/18/2019**

Recovery time to date: **20 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: cottage
cheese and applesauce

Weight loss in first two weeks
after surgery: 18 lbs (still)



Hi Iryna...I have been doing well on the recovery until two days ago (6/16). On that Sunday, my mouth and cheeks were very sore after I changed all four rubber bands in my mouth. I'm trying to keep the cheek skin stretching to a minimum using a tongue depressor, but my cheeks always get very sore after the rubber band changes. Is this normal?

The following day, Monday (6/17), I had significant swelling of the left cheek (see red arrow above). I took alternating doses of 400mg Ibuprofen @ 1pm, 1000mg Acetaminophen @ 4pm and 600mg Ibuprofen @ 7pm. That pain regiment, along with an ice pack, got me through last night without having to take a Percocet, which I'm trying to avoid if possible.

Today, Tuesday (6/18), the left side cheek swelling has lessen and no Ibuprofen needed today so far. Is this normal recovery bumps in the road? Any chance I have an infection brewing in my left side? Problem with the sinus flush procedure twice day?

Also, I have been gargling with salt water the past 4 days which helps soothe the pain around my braces and gums. Is this okay?

In general the soreness around the inside of my cheeks and under my nose has not been too bad since coming home except for this recent flare up on the left side.