

## Recovery Status Report

Patient: Jim Koch

Surgery date: 5/30/2019

Today's date: **6/23/2019**

Recovery time todate: **25 days**

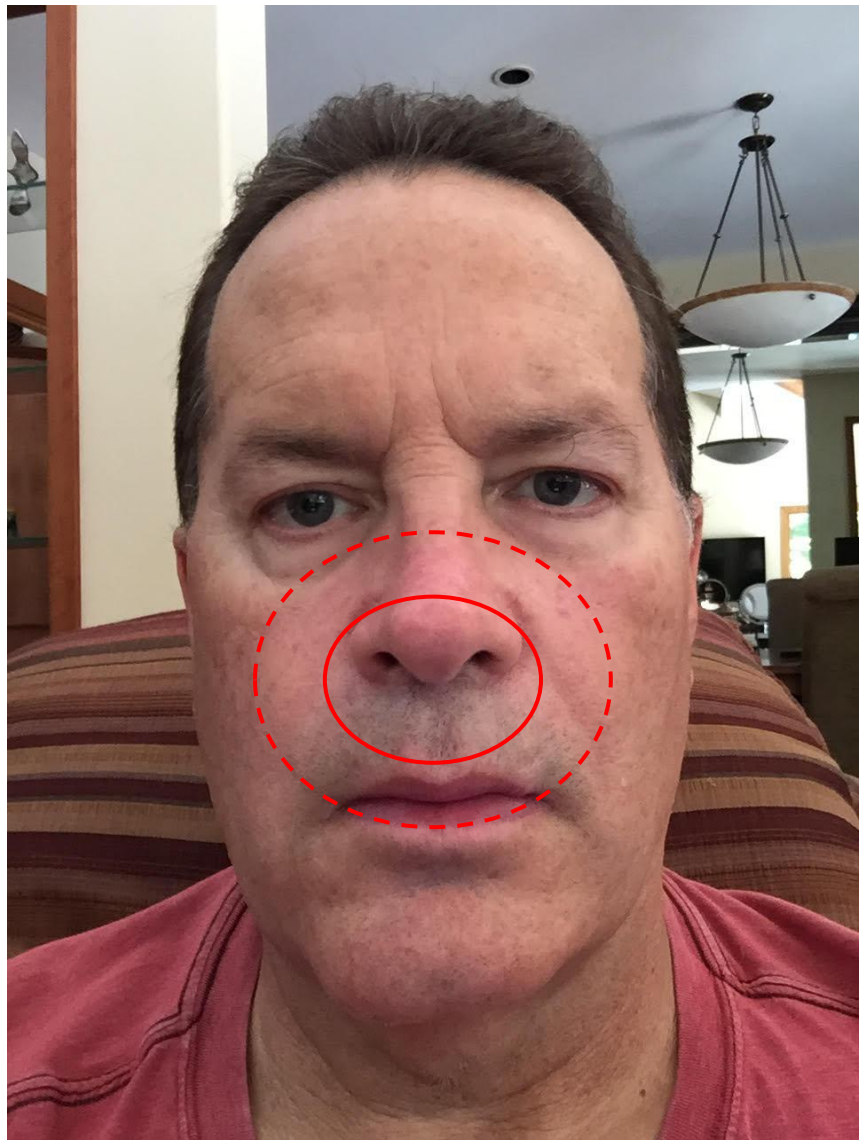
Maxillary 3-part osteotomy  
Mandibular ramus osteotomy  
Genioglossus advancement

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

Days on Amoxicillin: 4

Best meal to date: Thai curry  
(blended in Vitamix over rice)

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



Hi Iryna...Overall, feeling better every day. My circle of numbness from right below my nose gets a little smaller every day (dotted line, two weeks ago; solid line as of today). My biggest complaint is the ongoing gum and mouth soreness from both wearing and changing the rubber bands hooked to my braces. Still gargling with salt water 1-3 times per day since this gives me the most immediate relief on the pain front. Only using 400mg Ibuprofen on the days where I have to swap out the rear rubber bands. Interestingly, stopped taking Acetaminophen (Tylenol) given doesn't seem effective, at least in my case.

Per your recommendation, have reduced the sinus flushes to as needed which is now about once every other day. In general, my sinuses feel great, more healthy nose breathing than ever before. One minor nit, my left nostril on septum side is still a little tender when clearing debri with a kleenex. Assume okay given deviated septum correction?

Yesterday, I walked 3 miles then immediately rode my stationary bike for another 3 miles. Kept heart rate under 110, but would love to push it little toward the anaerobic side on the rowing machine. Is Dr. Movahed okay with me slowly ramping up the workouts? My recovering Achilles tendon is still the primary inhibitor from doing any activity too fast. One interesting side effect from the sinus portion of the surgery. My sense of smell is more acute. Ethnic foods never tasted better, however, the cat box odor now bothers me!