

Recovery Status Report

Patient: Jim Koch

Surgery date: 5/30/2019

Today's date: **6/29/2019**

Recovery time to date: **31 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: Corn beef hash, eggs and sweet potatoes

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



Hi Iryna...at the one month mark, things are well. The circle of tightness just under my nose is about the same as last week. My biggest complaint continues to be all the hardware in my mouth....braces, bone screws and rubber bands....which keeps my mouth sore. Some days are better than others; gargling with salt water really helps as does the Ibuprofen on particularly sore days.

On the days that I swap out all four sets of rubber bands, I generally eat a regular (non-blender enhanced) meal which I look forward to every other day. My current jaw flexibility is such that my mouth opens just wide enough to eat a banana, but that's about it. I'm not pushing it given the rubber bands kept my mouth closed and my slight overbite has remained rock solid with or without the rubber bands assisting.

Other miscellaneous musings....on the exercise front, I'm still walking, biking (stationary) and stretching 4-5 per week, keeping my heart rate under 110. I continue to take Arnica montana orally, twice a day. I don't know if it's helping, but definitely it's not hurting the inside of my mouth. Finally, I went off the Dannon Probiotics Dailies after day 30 and back to my regular regiment of whole milk kefir and plain kombucha to help build back my healthy gut bacteria. In general, my whole digestive tract recovered quickly once I got off the necessary but stomach irritating antibiotics.