

Recovery Status Report

Patient: Jim Koch

Surgery date: 5/30/2019

Today's date: **7/14/2019**

Recovery time todate: **46 days**

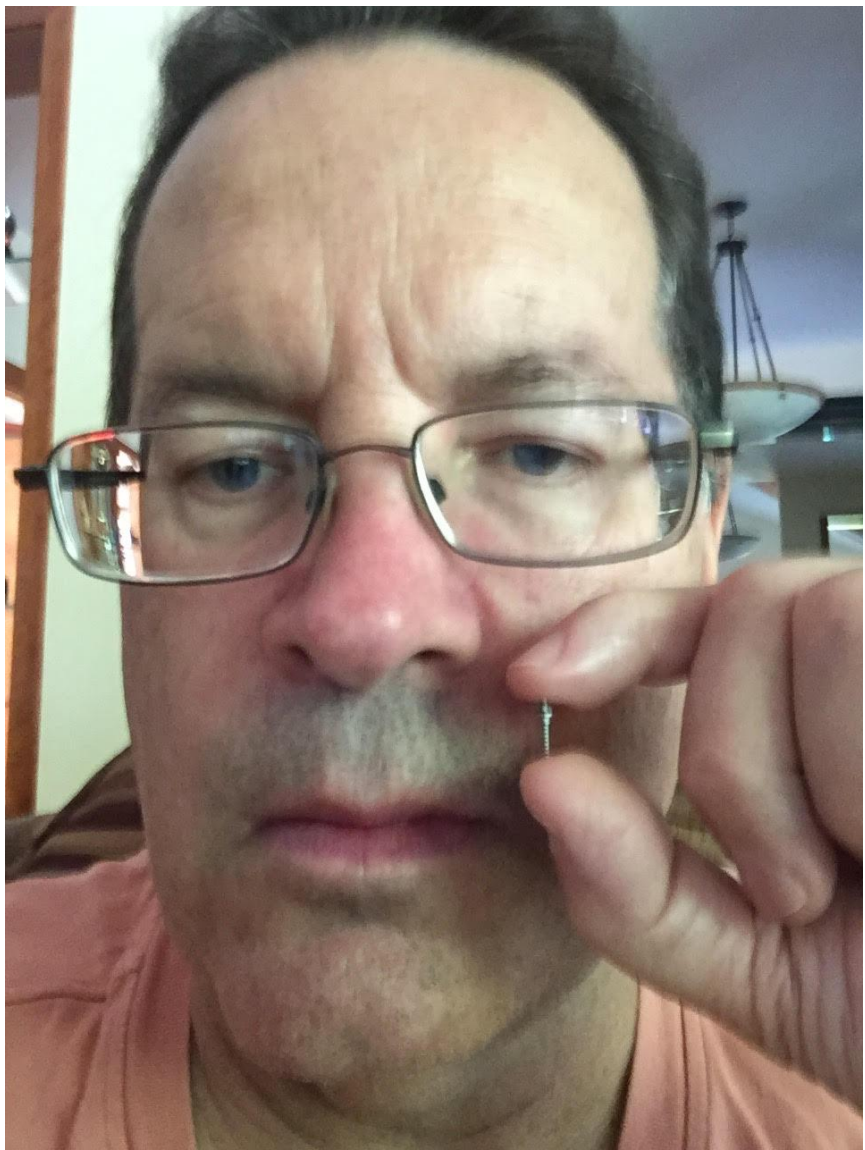
Maxillary 3-part osteotomy
Mandibular ramus osteotomy
Genioglossus advancement

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

Days on Amoxicillin: 4

Best meal this week: Brussel
sprouts (caramelized)

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



Hi Iryna...Got major mouth pain relief this week during my first post-op visit to Dr. Hockel, my orthodontist. He removed the four upper jaw bone screws (see photo) which were the primary cause of my ongoing mouth pain. My gums were rubbing against the screw heads, irritating my mouth to no end. According to Dr. Hockel, jaw positioning and mouth bite all look good.

Regarding ongoing oral hygiene, Dr. Hockel concurred with Dr. Movahed's assessment to stop with Peridex mouthwash and restart my regular daily teeth cleaning regiment, including the use of my water pick. The water pick is the best option I have for cleaning around my braces. My first post-op teething appointment is scheduled for mid-August.

The only remaining area of tightness and slight pain sensitivity remains under my nose to my upper lip and roughly the width of my mouth. At times the area behind my nostrils gets a little inflamed especially after meals.....I assume this is from increased solid food chewing and possibly my myofunctional exercises?

Finally, given it's mid-summer here in hot, dusty California, my nose gets a tad dry and cracked. I've started using NasoGel moisturizing spray from NeilMed, the same folks who supply the Sinus Rinse. The spray gel works great and provides much needed relief on the dry nose front. That's all from here....thanks.....Jim