

Recovery Status Report

Patient: Jim Koch

Surgery date: 5/30/2019

Today's date: **8/16/2019**

Recovery time: **2½ mnth**

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: granola
cereal with blueberries

Cont. weight loss after initial 18
lb drop: 18 lbs (back to even)



Hi Iryna....Switching to a bi-monthly update format. Back in the pool this week for the first time in 2½ months; Dr. Movahed okayed my return to a full workout regiment. As I expected, my swim pipes feel great. Air intake through my mouth is quick and easy, while my exhalation through my nose feels like a supercharged jacuzzi jet given my unobstructed nasal cavity. However, I do feel weak and slow in the water given my post-surgery loss of muscle mass. On net I'm thrilled to be back exercising in earnest.

I also visited my chiropractor for first time since my surgery and experienced a new sensation. While Dr. Heidi Olson was adjusting my upper back, I felt a sudden release of pressure on the left side of my upper cheek and nose area. I attribute this to the stuck fascia tissue linking my spine to my facial muscles. It felt both weird and wonderful at the same time. The ongoing tightness in my left upper cheek area was preventing me from smiling, but it disappeared with a single movement of my spine. This stuff really is all interconnected!

Finally, the mouth taping esp. at night is working fine and I'm making it through the most nights. On post swim nights I sometimes have a little nasal drip which can cause me to cough off the tape. But I remain committed given I'm retraining my brain and body to breath and sleep more effectively. Oddly, several family members have suggested that I wear the mouth tape during the day as well. Cheers....Jim