

## Recovery Status Report

Patient: Jim Koch

Surgery date: 5/30/2019

Today's date: **9/15/2019**

Recovery time: **3½ mnths**

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: pork ribs  
in glazed hoisin sauce

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



Hi Iryna....On Friday, 9/13, three-and-a-half months post jaw surgery, I achieved my fifth and final surgery success criteria by completing a 100-yard butterfly swim and posting a new high water mark time. When I started this journey, I shared five success criteria with Dr. Movahed to judge the outcome of my jaw surgery. These five criteria included (1) 2x airway size increase, (2) reduced snoring, (3) breathe through my nose when sleeping, (4) retain feeling in chin area and (5) complete 100-yard butterfly without going into oxygen debt. I'm proud to say that all surgery-specific goals have been accomplished!

For the older swimmers out there, I feel like a vintage athlete who just got a brand new air intake supercharger (see GTO blower above). I've been swimming for five weeks now and still am NOT as fast as my peak pre-surgery swim fitness. I know this given I test my swim fitness with 8x100 freestyle laps on the 2 minute interval or better, no flip turns. In my first week back in the water, it took me 17 minutes to complete the 8x100 circuit. Now I'm down to 16 minutes and need to get comfortably below 15 minutes to match my previous peak.

Moreover, I knew I was getting more air with my first post-surgery swim. I now swim longer on a single breath with no leg fatigue during kicking drills. Leg muscles are huge oxygen consumers when performing intense flutter kicking. Even though my fitness is not back to peak, the improved oxygen intake helped me through the 100-yard butterfly. BTW, my prep-op weight was 255 lbs, so still holding firm with that 18 lbs surgery weight loss....Jim