

Recovery Status Report

Patient: Jim Koch

Surgery date: 5/30/2019

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

Recovery time to date: **39 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: July 4th hot dogs (well cut up!)

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



Hi Iryna...overall, recovering well on all fronts. I started myofunctional therapy with Virginia Downing last Wednesday (7/3). Mouth opening baseline, lower front teeth to upper, is 28mm; pre-surgery it was 63mm. The new regiment of tongue and jaw exercises leaves mouth a tad sore, but I understand that my face muscles are coping with my jaw in a new location and muscle memory adjustment takes time.

It's getting harder and harder to keep my four sets of rubber bands in place during the day for the simple reason they break any time I yawn or eat something that requires a modicum of chewing. Hence, nighttime is quickly becoming the only stable period when my mouth occlusion is sustained.

After six weeks of post-meal gargling with Peridex oral rinse as well as gently scrubbing my teeth with a super soft toothbrush, I'm looking forward to a real cleaning in the near future. My teeth are looking a tad yellow and I just ran out of the Peridex. My first meeting with my dentist/orthodontist (Dr. Brian Hockel) is next week, so I'll get some direction on my teeth hygiene going forward.

I look forward to seeing Dr. Movahed out here in California for my two month post-surgery check-up in late July. Hope you and the Movahed team enjoyed a happy fourth.....Jim