

Recovery Status Report

Patient: Jim Koch

Surgery date: 5/30/2019

Today's date: **7/28/2019**

Recovery time to date: **60 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: seafood
paella (clams took work!)

Cont. weight loss after initial 18
lb drop: 16 lbs (gained 2)

Hi Iryna...Had my 2 month post-surgery check-up with Dr. Movahed on Friday (7/26) here in northern California. Fortunately for me, Dr. Movahed was visiting Dr. Hockel and performed his check-up in the convenient offices of Dr. Hockel. After removing the final two bone screws in my lower jaw, Dr. Movahed confirmed that my bite alignment and jaw bone stability look excellent. I'm officially off the rubber bands on my braces. However, I need to continue to protect my face from any accidental trauma like performing my old college trick of catching a frisbee in my mouth!

Interestingly, bone breaks take a full year to heal and the weak point of this whole surgery is the upper jaw (maxilla). Hence, the ongoing recommendation is NOT to engage the front teeth (incisors) for at least another two months. Any foods requiring ripping and tearing like steak, apples or corn on the cob could move my upper jaw out of alignment.

I also saw my Orofacial Myofunctional Therapist (OMT), Virginia Downing, on Saturday (7/27). Even though I'm 2 months post-surgery, I'm still at least 6 month away from a fully functional jaw and tongue. My tongue has retained fifty years of bad swallowing habits and a poor at-rest posture. The myofunctional therapy is all about retraining your jaw and tongue muscles to effectively eat, speak, swallow and support nose breathing esp. during sleep. It's something that most people take for granted, but it's more nuanced than you may imagine. Let the next phase of my recovery begin....cheers...Jim

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From left to right, Dr. Reza Movahed, me, Dr. Brian Hockel; photo taken at Dr. Hockel's offices in Walnut Creek, California.