

Facial osteotomy

Useful guidelines for your child's recovery at home

Diet and fluids

- Continue with soft, easily digested foods following surgery.
- If your child becomes nauseated or vomits, reduce diet back to sips of fluids only and gradually increase to a soft diet again when tolerated
- Most importantly, your child should continue to drink plenty of fluids

Activity

It is important that your child gets plenty of rest and quiet time as they recover. They should remain at home, mainly resting, for the next week. During the second week they can start gentle activity as advised by your surgeon.

Wound care

- Swelling and bruising are a normal part of the healing process. This will gradually subside. Applying ice packs to your child's cheeks will assist with reducing swelling.
- A small amount of blood stained saliva and nasal ooze is expected. Avoid nose blowing.
- Avoid warm water on face and neck when showering

Mouth care

It is very important to continue tooth brushing and general mouth care when at home.

Discomfort

Your child may continue to experience pain as they start to move around more after surgery. Your child may require regular pain relief for a few days to assist any discomfort.

Medications

- If required, give any other pain relief medications as prescribed by your surgeon
- Paracetamol can be given every four to six hours but no more than four times in a 24 hour period (ensure you follow correct dosage instructions for your child's age)

Follow-up

Please contact your surgeon's rooms to organise a follow-up appointment, if you don't already have one.

When to contact your surgeon

Please contact your surgeon if your child has:

- A persistent temperature of 38.5°C or higher
- Strong pain unrelieved by regular pain relief
- Persistent fresh bleeding or extensive bruising around the wound site
- Difficulty maintaining oral intake

A note before you leave the hospital

Please report to the reception desk in the foyer of the hospital before leaving to finalise any administrative paperwork.

Questions

If you have any questions or concerns, please don't hesitate to contact your discharge ward on the number below.