

# St. Elizabeth's Medical Center

A STEWARD FAMILY HOSPITAL



## Post-Treatment Instructions for Facial Fracture Repair

1. You will feel discomfort in the operative site for up to 10 days post-operatively. This is normal and will slowly improve. Use caution with narcotic pain medication, as this can cause constipation.
2. Decrease your normal level of activity while you are healing. Lift nothing heavier than a jug of milk until your first post-operative visit.
3. Keep all skin incisions clean by using ½ strength peroxide to clean them three times daily, and place antibiotic ointment to these sites after each time.
4. Watch carefully for any sudden swelling or opening of the incisions in the mouth or on the face. If this happens, call the clinic or ENT fellow on call.
5. You may apply ice to the wound every 15 minutes per hour while you are awake. An easy way to do this is to keep two cloths in a container of ice water. Use one while the other soaks, then when the first one has warmed up, switch the cloths.
6. Some degree of swelling and bruising is normal. Your doctor will talk to you about this.
7. Facial fractures can be difficult to repair, and many surgeons say they are never 100% perfect after a successful surgery. No not be alarmed if you experience a small amount of facial asymmetry, double vision, or your bite feels “off”. Take note and talk to your doctor about this at the first post-op appointment.
8. Swelling of the face and neck are common after surgery, particularly if you lie flat for several hours. This is normal and should improve after being upright for an hour or so. This will slowly go away over the next 10 days or so.
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Post Operative Emergency Contact Information:  
For Bleeding, x, y, or post-operative emergency situations please call:  
Daytime clinic number: 617-789-5004  
After hours (ENT Fellow on call): 617-789-3000

Patient's Signature \_\_\_\_\_ Nurse's Signature \_\_\_\_\_

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