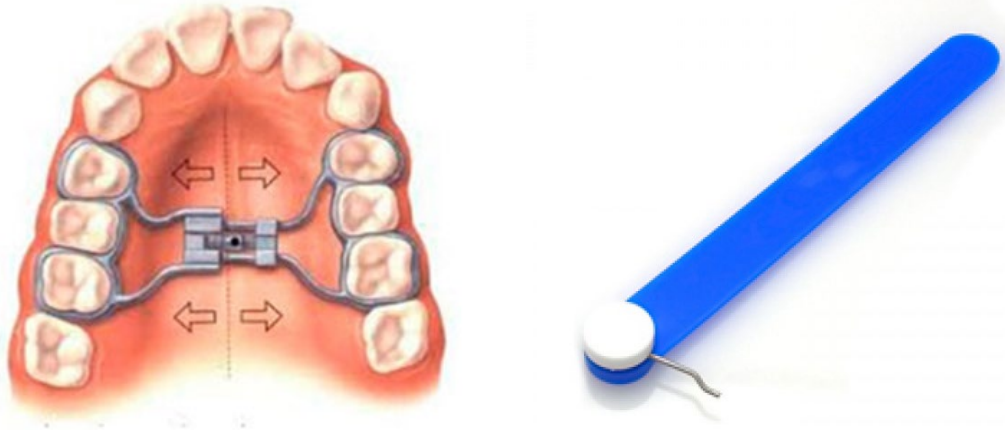


Discharge Instructions After Surgically Assisted Rapid Palatal Expansion (SARPE)



What should I eat and drink after my surgery?

- You will be on a liquid diet (only drinking or eating non-solid food) for the first week after surgery. You can drink from a cup, but do not use a straw for the first 2 weeks.
- After 1 week, you will change to a soft food diet. You should avoid biting or chewing, so you may have to cut your food up very small. You will be on this diet for 4 weeks.
- Protein will help you heal after your surgery. Protein shakes like Ensure®, Boost®, Premier Protein®, Muscle Milk®, and Carnation Breakfast Essentials® are good sources of protein and calories. You can also add protein powder to your blended foods (smoothies or shakes).
- Don't drink alcohol or carbonated drinks (like soda or sparkling water).

How will I manage my pain after surgery?

- All the medications we prescribe will be in liquid form.

- We will prescribe acetaminophen (Tylenol®) and ibuprofen (Motrin®) to help with your pain. You should take these medications all day (except for when you're sleeping) for 3-5 days after your surgery. Take these medications together every 6 hours (for example, take both Tylenol® and Motrin® at 9:00 AM, 3:00 PM, and 9:00 PM).
- We will give you a prescription for gabapentin, a medication that will help you manage pain. Please take this as prescribed until it is gone.
- We will also prescribe a medication called oxycodone for pain control, if you need it. Only take oxycodone if your pain is not relieved by the Tylenol® and Motrin®.
- Use an ice pack for 15-20 minutes at a time to help with pain and swelling.

Will I have swelling after surgery?

You will have swelling after surgery. The swelling will continue to worsen for 3-5 days after your surgery, and then it will slowly decrease over the next several weeks to months.

- It's best to use an ice pack for the first 5 days after surgery to help reduce swelling. Put the ice pack on your jaw for 20 minutes, and then take it off for 20 minutes to give your skin a break from the cold. Use a towel or ice pack holder to prevent putting the ice pack directly on your skin.
- Do not put anything hot (like a heat pack) on the swollen area until your doctor says it's okay. Heat can increase swelling.
- Sleep with your head elevated (raised up) at a 30-45 degree angle for the first week after surgery. This will help decrease swelling. To do this, you can use a wedge pillow or sleep in a recliner.

How can I keep my lips hydrated?

Use lots of Vaseline®, Chapstick®, Blistex®, Carmex®, or vitamin E on your lips and the skin around your lips. Don't peel dead skin off your lips, as it may be attached to deeper tissues and you might make your lips bleed.

How can I avoid getting an infection after surgery?

- If your doctor gives you an antibiotic medication to use after your surgery, take it as prescribed until it is gone.
- Keep your mouth as clean as possible.
- **Avoid all smoking or vaping until after your 6-week follow-up appointment after surgery.**

How should I clean my mouth after surgery?

- Use the Peridex® mouth rinse or rinse with warm salt water at least 2 times a day for 2 weeks after surgery.
- You can brush your teeth after surgery.
- You may also use a Waterpik® or water flosser to help keep your mouth clean.

Will I have bruising or bleeding after surgery?

- It's normal to have some bleeding from your mouth or nose for the first 10 days after SARPE. There shouldn't be a lot of blood.
- You may notice bleeding when you start to turn the SARPE device.
- You may have some bruising on your face from surgery.

What changes can I expect with my teeth?

- You will see a gap in between your 2 front teeth once you start turning your SARPE device. This is normal.

- If you notice that your front teeth are wiggling or seem loose, please call our office.

What if I have nausea or vomiting?

Let our office know if you are nauseous or vomiting. We will prescribe an anti-nausea medication for you that you can pick up from your pharmacy.

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What kind of activities can I do after surgery?

- Slowly restart your normal activities. You can walk and move around, but you should not do any exercises, running, or lifting anything heavier than 15 pounds for 6 weeks after surgery, even if you're feeling well.
- Avoid any contact sports, any sport with a ball, or any aggressive sports for 6 weeks after surgery.
- You may return to work or school when you feel better.

When do I need to see my orthodontist again after my surgery?

- You should see our clinic about 5-7 days after surgery.
- You should see your orthodontist about 2 weeks after surgery, or sooner if they prefer.

What is the contact information for the clinic?

Pediatric Oral and Maxillofacial Surgery Clinic

- On Monday through Friday from 8:00 AM - 4:30 PM, call (734) 936-5950.
- If you have an urgent issue after 4:30 PM or on weekends, call the hospital at (734) 936-4000. Ask the operator to page the **“on-call pediatric oral surgeon.”**

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