

# 頷骨手術後的出院說明

## Discharge Instructions After Jaw Surgery (Traditional Chinese)

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### 手術後會出現哪些症狀？ What can I expect after surgery?

- 頷部手術後的前 10 天內口腔或鼻子可能會出血，這是正常現象。但是，此類出血應為緩慢的滲血，且出血量不大。如果出現噴涌或快速出血，請嘗試對該部位施加壓力以使出血減慢或停止，同時請與我們的診所聯絡。使用處方類鼻噴霧劑和去充血劑有助於減少出血。

It's normal to have some bleeding from your mouth or nose for the first 10 days after your jaw surgery. However, there shouldn't be a lot of blood, and it should be slow, oozing blood. If you are having gushing or rapid bleeding, try to put pressure on the area to get it to slow down or stop, and contact our office. Using prescribed nasal sprays and decongestants will help decrease bleeding.

- 頷部手術後面部、頸部和胸部出現瘀傷也是正常現象。
- 如果您進行了頰成形術（下巴手術），您的下巴上會貼上白色膠帶。您可以在完成手術的 5 天後取下該膠帶。

Bruising on your face, neck, and chest is normal after jaw surgery.

If you had a genioplasty (chin surgery), you will have white tape on your chin. You can remove this tape 5 days after your surgery.

- 手術後下巴和面部腫脹可能會導致一些耳部症狀，例如疼痛、壓迫感或耳朵內脹滿感。如果您出現這些症狀，請告知我們的診所。

Swelling in your jaw and face after surgery can cause some ear symptoms such as pain, pressure, or a feeling that your ears are full. Let our office know if you are having these symptoms.

## 如何規劃術後飲食？ What should I eat and drink after my surgery?

手術後的前 2 週，您將攝入流質食物（只可飲用或進食非固體食物）。

You will be on a liquid diet (only drinking or eating non-solid food) for the first 2 weeks after surgery.

- 蛋白質有助於術後傷口癒合。Ensure<sup>®</sup>、Boost<sup>®</sup>、Premier Protein<sup>®</sup>、Muscle Milk<sup>®</sup> 和 Carnation Breakfast Essentials<sup>®</sup> 等蛋白質奶昔是蛋白質和卡路里的優質來源。您還可以将蛋白粉添加到您的混合食物（冰沙或奶昔）中。

Protein will help you heal after your surgery. Protein shakes like Ensure<sup>®</sup>, Boost<sup>®</sup>, Premier Protein<sup>®</sup>, Muscle Milk<sup>®</sup>, and Carnation Breakfast Essentials<sup>®</sup> are good sources of protein and calories. You can also add protein powder to your blended foods (smoothies or shakes).

- 請勿飲酒或飲用碳酸飲料（如蘇打水或氣泡水）。

Don't drink alcohol or carbonated drinks (like soda or sparkling water).

## 手術後如何進食？ How will I eat after my surgery?

我們將為您提供導管（軟管）和注射器來幫助您進食。說明：

We will give you urinary **catheters** (flexible tubes) and syringes to help you eat.

Instructions:

1. 將混合食物裝滿注射器。

Fill the syringe with your blended food.

2. 將導管的開口端連接到注射器的尖端，然後將導管剪成舒適的長度。

Attach the open end of the catheter to the tip of the syringe, and then cut the catheter to a comfortable length.

3. 將導管的另一端插入口中，然後使用注射器柱塞將食物透過導管推入口腔。

Insert the other end of the catheter into your mouth, and then use the syringe plunger to push the food through the catheter and into your mouth.

我們知道，這不是一種非常輕鬆或舒適的進食方式。我們也建議使用調味品瓶或洗滌瓶等擠壓瓶進食（您可以在線購買這類瓶子）。

We know that this is not a very easy or comfortable way to eat. We also recommend using squeeze bottles like condiment bottles or wash bottles to eat (you can buy these online).

## 手術後如何管理疼痛？ How will I manage my pain after surgery?

- 我們開立一些對乙酰氨基酚 (acetaminophen) (Tylenol®) 和布洛芬 (ibuprofen) (Motrin®) 來幫助您緩解疼痛。您應在手術後 3 - 5 天內全天服用這些藥物（睡覺時除外）。每隔 6 小時同時服用這些藥物（例如，在上午 9:00、下午 3:00 和晚上 9:00 同時服用 Tylenol® 和 Motrin®）。

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).

- 如果您需要，我們還可為您開立一種名為經考酮 (oxycodone) 的止痛藥。只有當 Tylenol® 和 Motrin® 無法緩解您的疼痛時，才服用經考酮。

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®.

- 我們將為您開立加巴噴丁 (gabapentin) 的處方，這種藥物可以幫助您緩解疼痛。請按醫囑服藥，直到服完為止。

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.

- 手術後的前 5 天請使用冰袋。這樣有助於緩解疼痛和腫脹。

Use an ice pack for the first 5 days after your surgery. This will help with pain

and swelling.

- 使用冰袋冰敷下巴 20 分鐘，然後取下冰袋暫停 20 分鐘，以便您的皮膚從寒冷中得到休息。使用毛巾或冰袋支架，以防止冰袋直接接觸皮膚。

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.

### 回家後如何服藥？ **How will I take my medications when I get home?**

我們將為您開立的所有藥物都是液態藥物。如果您有其他藥物需要服用，請在手術前聯絡為您開具這些藥物的提供者。請告知提供者您將接受頷部手術，並且需要服用液體狀態的藥物。

All the medications we will be prescribing you will be in liquid form. If you have other medications you need to take, you should reach out to the provider who prescribes these to you before your surgery. You should let them know you are having jaw surgery and you will need liquid medication.

### 手術後是否會出現腫脹？ **Will I have swelling after surgery?**

手術後會出現腫脹。腫脹症狀將在手術後持續 3 - 5 天，然後在接下來的幾週到幾個月內會慢慢減輕。

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

- 最好在手術後的前 5 天使用冰袋，以幫助減輕腫脹。使用冰袋冰敷下巴 20 分鐘，然後取下冰袋暫停 20 分鐘，以便您的皮膚從寒冷中得到休息。使用毛巾或冰袋支架，以防止冰袋直接接觸皮膚。

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.

- 在醫生表示沒問題之前，請勿將任何發熱的物品（如熱敷包）置於下巴上。熱敷會導致腫脹加重。

Do not put anything hot (like a heat pack) on your jaw until your doctor says it's okay. Heat can increase swelling.

- 手術後第一週以 30 - 45 度角抬高（提高）頭部睡覺。這樣有助於減少腫脹。為此，您可以使用楔形枕頭或睡在躺椅上。

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.

- 如果您的嘴唇出現腫脹，我們可能會給您開具曲安西龍 (triamcinolone) 乳膏。僅在手術後 7 天內使用。7 天後，您可以改用 Vaseline®。

If your lips are swollen, we may prescribe you triamcinolone cream. Only use this for 7 days after your surgery. After 7 days, you may switch to Vaseline®.

### 如何保持嘴唇的水分？ **How can I keep my lips hydrated?**

在嘴唇和嘴唇周圍的皮膚上使用大量的 Vaseline®、Chapstick®、Blistex®、Carmex® 或維生素 E。請勿從嘴唇上剝下死皮，因為死皮可能與更深的組織相連，撕下它可能會讓嘴唇出血。

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.

### 手術後面部是否會感到麻木？ **Will my face feel numb after surgery?**

您的臉和嘴唇可能會有一些麻木感。這樣的症狀可能會持續數週或數月，並且會隨著時間的推移而好轉。

You may have some feelings of numbness in your face and lips. This may last for several weeks or months, and it will get better with time.

- 有一些研究表明，晚上服用 3 - 5 毫克褪黑激素有助於減少麻木感和恢復平常知覺。如果您願意，可從藥房或商店購買褪黑激素進行嘗試，無需處方即可購買。

There is some research that taking 3-5 mg of melatonin at night can help with reducing numbness and getting feeling back. If you'd like, you can buy melatonin from a pharmacy or store (it's available without a prescription) and try this.

### **手術後是否會出現鼻腔阻塞（鼻塞）？ Will I have nasal congestion (a stuffy nose) after surgery?**

如果您接受的是上頷手術，則會出現鼻腔阻塞。如果您接受的是下頷手術，則可能不會出現鼻腔阻塞。鼻腔腫脹和阻塞症狀在手術後的前 2 天會加重，但在之後的 2 週內會逐漸減輕。

If you had upper jaw surgery, you will have nasal congestion. If you had lower jaw surgery, you probably won't have nasal congestion. Nasal swelling and congestion will be worse in the first 2 days after surgery, and it will decrease over the next 2 weeks.

- 如果您接受的是上頷手術，手術後 2 週內請勿擤鼻涕。

If you had upper jaw surgery, don't blow your nose for 2 weeks after your surgery.

- 手術後第一週使用處方鼻噴霧劑、使用偽麻黃碱 (pseudoephedrine) 和晚上以直立姿勢睡覺均有助於緩解鼻塞症狀。

Using prescription nasal sprays, using pseudoephedrine, and sleeping in an upright position at night for the first week after your surgery will help your nasal congestion.

### **如何避免手術後感染？ How can I avoid getting an infection after surgery?**

- 如果您的醫生給您開了術後使用的抗生素藥物，請按照處方服用，直到服完為止。

If your doctor gives you an antibiotic medication to use after your surgery, take

it as prescribed until it is gone.

- 儘可能保持口腔清潔。

Keep your mouth as clean as possible.

- 在手術後 6 週的隨訪預約之前，避免一切吸煙或吸電子煙的行為。

**Avoid all smoking or vaping until after your 6-week follow-up appointment after surgery.**

## 手術後如何清潔口腔？ How should I clean my mouth after surgery?

- 手術後 2 週內，每天至少 2 次使用 Peridex® 漱口水或用溫鹽水漱口。

Use the Peridex® mouth rinse or rinse with warm salt water at least 2 times a day for 2 weeks after surgery.

- 使用兒童規格的軟毛牙刷和普通牙膏清潔牙齒和牙套（避開縫線處和切口）。

Use a child-sized, soft-bristled toothbrush and your normal toothpaste to clean your teeth and braces (avoid the stitches and incisions).

- 您也可以使用 Waterpik® 或水牙線來幫助保持口腔清潔。

You may also use a Waterpik® or water flosser to help keep your mouth clean.

## 如果感到噁心或嘔吐怎麼辦？ What if I have nausea or vomiting?

如果您感到噁心或嘔吐，請告知我們的診所。我們將為您開具抗噁心藥物，您可以從藥房領取。

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.

- 如果您不得不嘔吐，請對著水槽或馬桶彎腰，讓嘔吐的液體從兩排牙齒的空隙間穿過。

If you have to vomit, bend over a sink or toilet bowl and let the fluids pass between the spaces in your teeth.

- 如果需要，請取下鬆緊帶，並在您感覺有所好轉時致電與我們的診所聯絡以更換鬆緊帶。

Remove your elastics if you need to, and call our office to replace the elastics when you are feeling better.

## 手術期間是否會放置夾板？ Will I have a splint placed during my surgery?

有時，醫生會在您的手術過程中在您嘴裡放置一塊夾板。這樣有助於平衡您的咬合動作併訓練您的肌肉適應新的下巴位置。夾板將一直保持原位，直到您在手術後 6 週時複診。

Sometimes the doctor will place a splint in your mouth during your surgery. This will help balance your bite and train your muscles to work in the new jaw position. The splint will stay in place until your follow-up appointment 6 weeks after your surgery.

## 手術後什麼時候需要再次去看正畸醫生？ When do I need to see my orthodontist again after my surgery?

我們希望您在完成 6 週隨訪約診後的 2 - 3 天內預約正畸醫生看診。

We would like you to make an appointment to see your orthodontist in the 2-3 days after you have your 6-week follow-up appointment with us.

## 手術後可以進行哪些活動？ What kind of activities can I do after surgery?

- 慢慢重新開始您的正常活動。您可以走路和四處走動，但手術後 6 週內不應進行任何鍛煉、跑步或舉起任何超過 15 磅的重量，即使您感覺良好。

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.

- 手術後 6 週內避免任何接觸性運動、任何球類運動或任何激進運動。

Avoid any contact sports, any sport with a ball, or any aggressive sports for 6 weeks after surgery.

- 當您感覺有所好轉且不再服用經考酮時，您可以重返工作崗位或學校。

You may return to work or school when you feel better and when you are no longer taking the oxycodone.



## 如何更換鬆緊帶？ How do I change out my elastics?

您應保留醫院給您的鬆緊帶。我們將在您手術後 2 週的約診期間更換您的鬆緊帶。請造訪 [bit.ly/MM-ElasticsVideo](http://bit.ly/MM-ElasticsVideo) 或掃描此 QR 碼以瞭解有關鬆緊帶的更多資訊。



You should keep the elastics that were given to you at the hospital in place. We will change out your elastics at your appointment with us 2 weeks after your surgery. Visit [bit.ly/MM-ElasticsVideo](http://bit.ly/MM-ElasticsVideo) or scan this QR code for more information about elastics.

## 手術後可以購買和使用哪些有用的物品？ What are some helpful items to buy and use after my surgery?

- 在線上搜索「**condiment bottles**」(調味品瓶)或「**wash bottles**」(洗滌瓶)。這些物品對手術後前 2 週的飲食有幫助。

Search online for “**condiment bottles**” or “**wash bottles.**” These can help with eating and drinking for the first 2 weeks after surgery.

- 在線上搜索「**wedge pillow**」(楔形枕頭)。這種枕頭有助於緩解腫脹和鼻塞。Search online for “**wedge pillow.**” This will help with swelling and nasal congestion.

- 在線上搜索「**facial ice pack**」(面部冰袋)。這種冰袋可以幫助緩解手術後的腫脹和疼痛。

Search online for “**facial ice pack.**” This can help with swelling and pain after surgery.

## 診所的聯絡方式是什麼？ What is the contact information for the clinic?

Pediatric Oral and Maxillofacial Surgery Clinic

Pediatric Oral and Maxillofacial Surgery Clinic

- 工作時間：星期一至星期五，上午 8:00 至下午 4:30，電話：(734) 936-5950。  
On Monday through Friday from 8:00 AM - 4:30 PM, call (734) 936-5950.
- 如果您在下午 4:30 之後或週末有緊急問題，請撥打 (734) 936-4000 聯絡醫院。

請接線員呼叫「on-call pediatric oral surgeon」（值班小兒口腔外科醫生）。

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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