

颌骨手术后出院须知

Discharge Instructions After Jaw Surgery (Simplified Chinese)

手术后我应该注意什么？ What can I expect after surgery?

- 手术后的前10天，口腔或鼻子轻微出血是正常现象。但出血量不应过多，且应为缓慢渗出。如果出现大量或快速出血，请尝试按压出血部位以减缓或停止出血，并及时联系我们。使用医生开具的鼻喷雾剂和减充血剂可以有助减少出血。

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.

- 下颌手术后，面部、颈部和胸部出现淤青是正常现象。Bruising on your face, neck, and chest is normal after jaw surgery.
- 如果您接受了颏成形术（下巴手术），下巴上会贴上白色胶带。手术后5天，您可以自行拆除这条胶带。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.
- 手术后的颌部和面部肿胀可能会引起一些耳部症状，如疼痛、压力感或耳朵闷堵感。如果出现这些症状，请告知我们。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.

手术后我应该吃喝什么食物？ What should I eat and drink after my surgery?

手术后的前 2 周，您需要进食流质食物（只能饮用或食用非固体食物）。You will be on a liquid diet (only drinking or eating non-solid food) for the first 2 weeks after surgery.

- 蛋白质有助于您手术后的恢复。像 Ensure®、Boost®、Premier Protein®、Muscle Milk® 和 Carnation Breakfast Essentials® 等蛋白奶昔是良好的蛋白质和热量来源。您还可以在混合食物（如冰沙或奶昔）中加入蛋白粉。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).
- 切勿饮酒或碳酸饮料（如苏打水或气泡水）。Don't drink alcohol or carbonated drinks (like soda or sparkling water).

手术后我应该如何进食？ How will I eat after my surgery?

我们会为您提供软管（柔性管）和注射器，以帮助您进食。使用方法：We will give you urinary catheters (flexible tubes) and syringes to help you eat. Instructions:

1. 将调制食物装入注射器。Fill the syringe with your blended food.
2. 将软管的一端连接到注射器的尖端，然后将软管剪至合适的长度。Attach the open end of the catheter to the tip of the syringe, and then cut the catheter to a comfortable length.
3. 将软管的另一端插入口中，然后使用注射器活塞将食物通过软管推入口中。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.

我们知道这种进食方式并不太容易或舒适。我们还建议您使用挤压瓶，如调味瓶或清洗瓶来进食（您可以在网上购买）。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).

手术后我应该如何控制疼痛？ How will I manage my pain after surgery?

- 我们会为您开具对乙酰氨基酚（Tylenol®）和布洛芬（Motrin®）来缓解疼痛。手术后 3-5 天，您应全天（除睡觉时间外）按时服用这些药物。每 6 小时同时服用这两种药物（例如，在上午 9:00、下午 3:00 和晚上 9:00 同时服用 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，我们还会为您开具一种名为羟考酮 (oxycodone) 的药物来止痛。仅在 Tylenol® 和 Motrin® 无法缓解您的疼痛时，方可服用羟考酮。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®.
- 我们会为您开具加巴喷丁 (gabapentin) 的处方，这种药物将帮助您管理疼痛。请按处方服用，直至药物用完。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.
- 手术后的前 5 天使用冰袋冷敷。这有助于缓解疼痛和肿胀。Use an ice pack for the first 5 days after your surgery. This will help with pain and swelling.
 - 将冰袋敷于颌部 20 分钟，然后取下 20 分钟，让皮肤休息一下，避免长时间受冷。使用毛巾或冰袋套，以防止冰袋直接接触皮肤。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.

回家后我应该如何服用药物？ How will I take my medications when I get home?

我们为您开具的所有药物都将是液体形式。如果您需要服用其他药物，应在手术前联系为您开具这些药物的医生。您应告知对方您即将接受颌骨手术，因此需要液体药物。

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.

手术后我会出现肿胀吗？ Will I have swelling after surgery?

手术后您会出现肿胀。肿胀会在手术后持续 3-5 天，然后在接下来的几周至几个月内慢慢消退。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.

- 手术后的前 5 天最好使用冰袋来帮助减轻肿胀。将冰袋敷于颌部 20 分钟，然后取下 20 分钟，让皮肤休息一下，避免长时间受冷。使用毛巾或冰袋套，以防止冰袋直接接触皮肤。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.
- 在医生允许之前，切勿将任何热的东西（如热敷包）放于颌部。热敷可能会加重肿胀。Do not put anything hot (like a heat pack) on your jaw until your doctor says it's okay. Heat can increase swelling.

- 手术后的第一周，睡觉时请将头部抬高 30-45 度。这有助于减轻肿胀。您可以使用楔形枕或睡在躺椅上。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.
- 如果您的嘴唇肿胀，我们可能会为您开具曲安奈德 (triamcinolone) 乳膏。仅在手术后 7 天内使用此药物。7 天后，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®.

我如何保持嘴唇水润？ How can I keep my lips hydrated?

在嘴唇和嘴唇周围的皮肤上大量涂抹凡士林 (Vaseline®)、如俏唇 (Chapstick®)、碧唇 (Blistex®)、泰奥菲 (Carmex®) 或维生素 E。不要撕扯嘴唇上的死皮，因为它可能与深层组织相连，撕扯可能会导致嘴唇出血。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.

手术后我的脸会感觉麻木吗？ Will my face feel numb after surgery?

您的脸部和嘴唇可能会有些麻木感。这种感觉可能会持续数周或数月，但随着时间的推移会逐渐好转。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.

- 有研究表明，每晚服用 3-5 毫克的褪黑素有助于减轻麻木感并恢复感觉。如果您愿意，可以在药店或商店购买褪黑素（无需处方）并尝试服用。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.

手术后我会鼻塞（鼻子不通气）吗？ **Will I have nasal congestion (a stuffy nose) after surgery?**

如果您接受的是上颌手术，您会出现鼻塞。如果您接受的是下颌手术，则可能不会出现鼻塞。手术后的前 2 天，鼻腔肿胀和鼻塞情况会比较严重，但在接下来的 2 周内会逐渐减轻。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.

- 如果您接受了上颌手术，在手术后 2 周内不要擤鼻涕。If you had upper jaw surgery, don't blow your nose for 2 weeks after your surgery.
- 手术后的第一周，使用处方鼻腔喷雾、服用伪麻黄碱并在晚上保持直立睡姿，都有助于缓解鼻塞。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.

手术后我如何避免感染？ **How can I avoid getting an infection after surgery?**

- 如果医生给您开了手术后使用的抗生素，请按医嘱服用，直到药物用完。If your doctor gives you an antibiotic medication to use after your surgery, take it as prescribed until it is gone.
- 尽量保持口腔清洁。Keep your mouth as clean as possible.
- 在手术后的 6 周复查之前，完全避免吸烟或吸电子烟。Avoid all smoking or vaping until after your 6-week follow-up appointment after surgery.

手术后我应该如何清洁口腔？ **How should I clean my mouth after surgery?**

- 手术后的 2 周内，每天至少使用 Peridex® 漱口水或温盐水漱口 2 次。Use the Peridex® mouth rinse or rinse with warm salt water at least 2 times a day for 2 weeks after surgery.

- 使用儿童尺寸、软毛牙刷和平时用的牙膏清洁牙齿和牙套（避开缝线和切口）。
Use a child-sized, soft-bristled toothbrush and your normal toothpaste to clean your teeth and braces (avoid the stitches and incisions).
- 您也可以使用洁碧 (Waterpik®) 或水牙线来帮助保持口腔清洁。You may also use a Waterpik® or water flosser to help keep your mouth clean.

如果我感到恶心或呕吐怎么办？ What if I have nausea or vomiting?

如果您感到恶心或呕吐，请告知我们。我们会为您开具抗吐剂，您可以在药店领取。

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.

- 如果您要呕吐，请弯下腰对着水槽或马桶呕吐，让液体从牙齿间隙流过。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，请取下橡皮筋，并在感觉好转后致电我们更换橡皮筋。Remove your elastics if you need to, and call our office to replace the elastics when you are feeling better.

手术中会给我安装夹板吗？ Will I have a splint placed during my surgery?

医生有时会在手术中在您的口腔内安装夹板。这有助于平衡您的咬合，训练您的肌肉适应新的颌骨位置。夹板将一直保留到手术后 6 周的复查时再由医生处理。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.

手术后我什么时候需要再次去看正畸医生？ When do I need to see my orthodontist again after my surgery?

我们希望您在手术后 6 周复查后的 2-3 天内去看正畸医生。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.

手术后我可以进行哪些活动？ What kind of activities can I do after surgery?

- 慢慢恢复日常活动。您可以走路和四处走动，但在手术后 6 周内，即使感觉良好，也不应进行任何锻炼、跑步或提起超过 15 磅的重物。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.
- 手术后 6 周内避免任何接触性运动、任何球类运动或任何激烈运动。Avoid any contact sports, any sport with a ball, or any aggressive sports for 6 weeks after surgery.
- 当您感觉好转且不再服用羟考酮 (oxycodone) 时，可以返回工作岗位或上学。You may return to work or school when you feel better and when you are no longer taking the oxycodone.

我该如何更换橡皮筋？ How do I change out my elastics?

您应该保持医院给您安装的橡皮筋在位不动。手术后 2 周，我们会在复诊时为您更换橡皮筋。如需了解关于橡皮筋的更多信息，请访问

bit.ly/MM-ElasticsVideo 或扫描此二维码。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 or scan this QR code for more information about elastics.



手术后我可以购买和使用哪些有用的物品？ **What are some helpful items to buy and use after my surgery?**

- 在网上搜索“**调味瓶**”或“**清洗瓶**”。这些在手术后的前 2 周可以帮助您进食和饮水。 Search online for “**condiment bottles**” or “**wash bottles.**” These can help with eating and drinking for the first 2 weeks after surgery.
- 在网上搜索“**楔形枕**”。这有助于减轻肿胀和鼻塞。 Search online for “**wedge pillow.**” This will help with swelling and nasal congestion.
- 在网上搜索“**面部冰袋**”。这可以帮助缓解手术后的肿胀和疼痛。 Search online for “**facial ice pack.**” This can help with swelling and pain after surgery.

诊所的联系方式是什么？ **What is the contact information for the clinic?**

Pediatric Oral and Maxillofacial Surgery Clinic

- 周一至周五上午 8:00 至下午 4:30，请拨打 (734) 936-5950。 On Monday through Friday from 8:00 AM - 4:30 PM, call (734) 936-5950.
- 如果在下午 4:30 之后或周末有紧急事宜，请拨打医院电话 (734) 936-4000。请接线员呼叫“**值班儿童口腔外科医生**”。 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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