

Pre-prosthetic Jaw Surgery

Victoria General (VG) Site, QE II

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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If you have non-urgent questions:

- Please call the Oral and Maxillofacial Surgery Clinic and leave a message:
 - › Hours: 8:30 a.m. to 3:30 p.m., Monday to Friday
 - › Phone: 902-473-2070
- We will return your call as soon as possible.

Notes:

Pre-prosthetic Jaw Surgery

What is pre-prosthetic jaw surgery?

- This surgery is done to reshape the upper or lower jaw so:
 - › Dentures can fit more comfortably or
 - › Dental implants can be placed successfully
- Sometimes, extra bone is needed to build up the jaw. This bone may be taken from your own body or from a donor. Your surgeon will talk with you about what is right for you.
- Before your surgery, your health care team will tell you if you likely can go home the same day or if you will need to stay overnight in the hospital.

What are your questions?

Please ask a member of your health care team. We are here to help you.

Before your surgery

- To help you get ready for your surgery, please read pamphlet 1395, *Planning for Your Hospital Stay After Surgery - Halifax Infirmary (HI), Victoria General (VG), Dartmouth General Hospital (DGH)*. This pamphlet has important information about:
 - › How to confirm the time of your surgery
 - › How to get ready the day and night before your surgery
 - › What items to bring and what not to bring to the hospital
- Ask a member of your health care team for a copy of this pamphlet, scan the QR code below, or visit:
 - › www.nshealth.ca/patient-education-resources/1395

Scan the QR code on your device (open the camera on your device, point the camera at the code, and tap the banner or border that appears)



Call the Oral and Maxillofacial Surgery Clinic right away if you have urgent questions or concerns, or if you have any of these symptoms:

- › Bleeding from the surgical site(s)
- › More redness or drainage from the surgical site(s)
- › Pain that is getting worse or not getting better
- › Swelling that is getting worse
- › Trouble swallowing or breathing
- › Nausea or vomiting (throwing up) that is getting worse
- › Fever (temperature above 38 °C or 100.4 °F)

Oral and Maxillofacial Surgery Clinic

- › Hours: 8:30 a.m. to 3:30 p.m., Monday to Friday
- › Phone: 902-473-5238

For urgent concerns outside clinic hours, call locating and ask for the oral surgery resident on call:

- › Phone: 902-473-2222
- › Stay on the phone and the resident will be with you shortly

Discharge checklist

- ☐ Has your surgical team told you that you are ready for discharge?
- ☐ Do you have someone to drive you home?
- ☐ Have you had X-rays taken after your surgery?
- ☐ Has your surgical team given you instructions about how to care for yourself at home?
- ☐ Have you been given prescriptions for pain medication and antibacterial mouth rinse?
- ☐ Do you know when to have your sutures taken out?
- ☐ Do you have a follow-up appointment at the Oral and Maxillofacial Surgery Clinic?
- ☐ Have the surgeons suggested when you can go back to work or school and your usual activities?

Day of surgery

- **If you are going home the same day:**
 - › You **must** have someone drive you home after your surgery
 - › **You cannot drive yourself home**
 - › **Your surgery may be cancelled if you do not have a ride home**
- If you are staying overnight, your health care team will talk with you about what to expect.

Surgery and recovery

- You will be in the operating room (O.R.) and the Post-Anesthesia Care Unit (PACU) for several hours. The length of time will depend on the type of surgery you are having and how you feel after surgery.
- After your surgery, your surgeon will contact the person you have chosen.

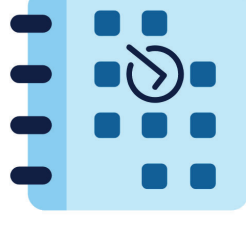
- You will wake up in the PACU. The nurses will monitor you closely, including your:
 - › Temperature
 - › Pain
 - › Blood pressure
 - › Nausea (upset stomach)
 - › Pulse
 - › Breathing
 - › Intravenous (I.V.) lines
 - › Oxygen level
- We will give you medications to keep you comfortable and help lower swelling. These medications will be given through your I.V. until you are able to drink well.
- A nurse will help you go to the bathroom until you are steady on your feet.
- **If bone was taken from your hip:**
 - › You will have stitches near your waist. This area will heal over time.
- **If skin was taken from your thigh:**
 - › You may have a bandage on the area to help protect it while it heals.
- If you are staying in the hospital overnight, you will be taken to your hospital room when you are fully awake and comfortable.

Activity

- After surgery, you may have less energy than usual and need more rest. It is important to rest and take it easy, especially for the first few days.
- **For the first few days after surgery:**
 - › **Do not** do any strenuous (hard) activity (like shovelling, mowing the lawn, heavy lifting, or intense exercise).
 - › **Do not** lift anything over 10 pounds.
- If bone was taken from your hip or skin was taken from your thigh:
 - › You may have discomfort while walking for several days. This is normal and will get better over time.
- You may slowly go back to your usual activities as directed by your surgeon.

Follow-up appointment

- You will get a follow-up appointment with your surgeon before you are discharged.
- At your follow-up appointment, your sutures (stitches) will be taken out.



Eating

- For the **first 2 days after surgery**, avoid hot food and drinks. Choose food and drinks that are cool or at room temperature.
- Eat soft foods that do not need a lot of chewing and are easy to swallow.
- Drink plenty of fluids to stay hydrated (have enough fluids).
- **Do not** use a straw until your surgeon tells you it is safe.
- As your mouth heals, you can slowly go back to your regular eating habits as told by your surgeon.

Bathing

- **If bone was taken from your hip or skin was taken from your thigh, do not take a bath until the wound has healed.**
- You may shower. After showering, gently pat the area dry. **Do not** rub.

Visitors

- You may have visitors in your hospital room. Ask your nurse about visiting guidelines for your unit.
- When you have visitors, please respect the needs of other patients (like quiet time for rest or making room for their health care team).

Recovery

Swelling and bruising

- Swelling of your face can get worse for the first 3 days after surgery. It will slowly go down over the next 3 to 4 weeks.
- Use an ice pack on your face for the first 48 hours (2 days) after surgery. This will help to lower swelling.
- You may have some bruising on your face. The bruising may get darker during the first 7 days (1 week) after surgery. Then it will start to go away. This is a part of healing and will get better each day.

Dentures

- Your upper and/or lower dentures may be secured (attached) to your jaw during surgery. This helps to protect the area and lets your jaw heal properly.
 - › Your surgeon will tell you when your dentures can be removed.
- If your dentures were not secured during surgery, your surgeon will tell you when you can start wearing them again.
 - › **Do not wear your dentures until your surgeon tells you it is safe to do so.** This is important to help your mouth heal and to prevent irritation or injury.

Recovery in the hospital

- We will encourage you to drink fluids as soon as you are able to.
- Your I.V. will stay in place while you are in the hospital and will be removed before you go home.
- When you feel steady on your feet, we will encourage you to get up and walk. You may need help the first time you get up.
- A resident doctor will visit you each morning. Tell them if you have any concerns or notice any changes.

- You will be discharged home when:
 - › You are drinking well
 - › You are comfortable
 - › It is safe for you to go home

At home

Prescriptions

- You will be prescribed medications to help you recover. These usually include:
 - › Pain medication
 - › Antibacterial mouth rinse (to help prevent infection)
- Take all medications exactly as your health care team tells you.

While you are taking pain medication:

- **Do not** drink alcohol.
- **Do not** drive.

Oral (mouth) hygiene

- It is important to keep your mouth clean after surgery to help prevent infection.
- **It is important to rinse your mouth as told by your health care team.** They will talk with you about how to care for your mouth.

