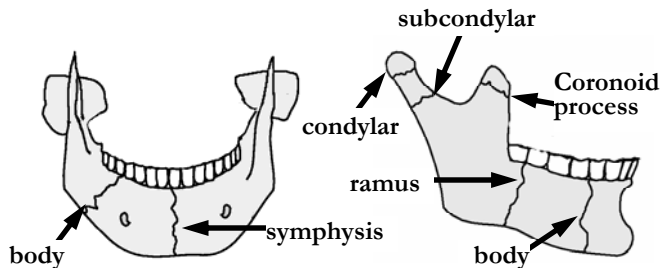


# Mandibular Fractures

## About Your Injury

You have broken your jaw. Your doctor has explained which kind of fracture you have.



## If Your Jaw is Wired

If your jaw is wired, you will be on a blenderized liquid diet to provide calories, protein and fluid to heal properly. Nutrition is very important—**DON'T DIET NOW!**

## Tips When Using a Blender For Your Food

- Cut food into small pieces before placing in blender or food processor.
- Mix equal parts of solids and liquids: suggestions of fluids are broth, gravy, vegetable juices, cream soups, cheese or tomato sauces, milk and fruit juices. Some fruits and vegetables may not need mixed due to the high fluid content.
- May use a cup or a glass. **Do not use a syringe or straw without your doctor's permission.**
- A vitamin supplement may be recommended.
- Six small meals are recommended with three supplemental shakes as part of the six meals.
- A registered dietitian is available to answer your questions about your diet. Ask your nurse to contact them or call Nutritional Services at

• 814-877-6097.

## Discharge Instructions

### Activity

No strenuous activity—may return to normal activity as directed by your doctor

### Medicine

Take pain medicine as directed—don't wait for the pain to become bad. Don't drive for six hours after taking narcotic medicine. Ibuprofen is a good replacement for narcotic pain medicine. Take antibiotics until gone.

### Clean Your Mouth

It is important for you to brush your teeth. Use a "water pik." Rinse your mouth with the mouthwash prescribed by your doctor.

### Emergencies

If you need to throw up—lean forward and let the fluid run through your teeth. Always have scissors (if you have rubber bands) or wire cutters (if you have wires) with you at all times in the rare instance you must cut the wires or bands.

**If the wires or rubber bands come off, you should call your doctor for directions. DO NOT remove rubber bands or wires unless**

**Call Your Doctor**

**Lehrian/Palo**

**at (814)-454-3871**



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