Will I look very different after the operation?

You will almost certainly look different to some degree. How different, depends on how much movement of the jaws is needed. You should discuss this with your oral and maxillofacial surgeon/orthodontist.

How long will the overall treatment take?

It usually takes 24 - 36 months but will vary according to how severe your case is. Missed and cancelled appointments or repeated breakages of the brace will add to the overall treatment time.

How often will I need an appointment?

You will need regular appointments with the orthodontist during treatment for the brace to be adjusted and leading up to your surgery.

Do I still need to see my regular dentist?

Yes. It will be important you still have check-ups with your regular dentist throughout orthodontic treatment so that your teeth can be checked for tooth decay and gum disease.

Smoking and orthognathic treatment?

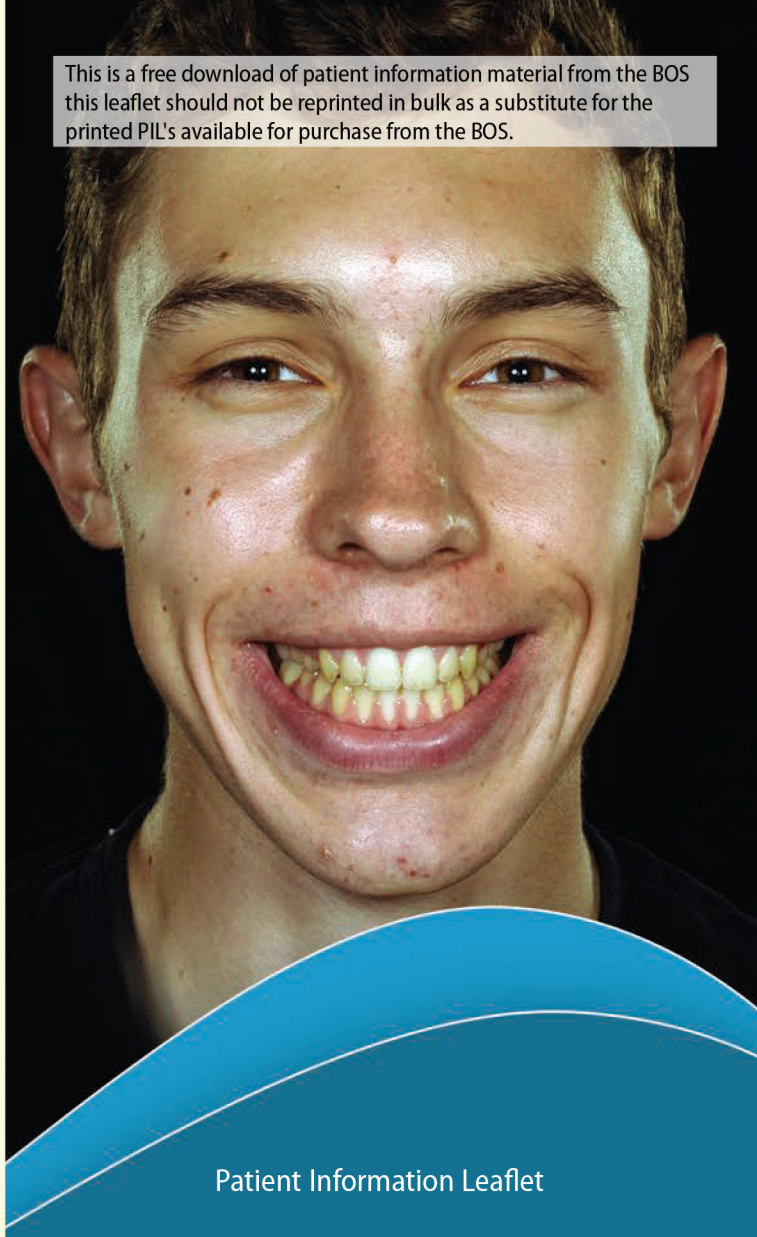
Smoking poses a risk to your oral and general health. If you smoke before and after your surgery you are at greater risk of developing post-operative complications such as an infection. Your team can offer you help and advice about how to "quit" - https://www.nhs.uk/conditions/stop-smoking-treatments/

If you have any further questions then please write them down and bring them with you to your next appointment. It is important you fully understand what is involved in having orthognathic treatment before you decide to go ahead.

This leaflet has been produced with guidance from the Plain English Campaign and British Dyslexia Association to make it easier for you to read

Copyright© BOS reprinted 2019 British Orthodontic Society 12 Bridewell Place London EC4V 6AP

This is a free download of patient information material from the BOS this leaflet should not be reprinted in bulk as a substitute for the printed PIL's available for purchase from the BOS.



Patient Information Leaflet

ORTHOGNATHIC TREATMENT

BOS

BRITISH ORTHODONTIC SOCIETY

Registered Charity No 1073464 www.bos.org.uk

If you are considering orthodontics and jaw surgery (orthognathic treatment) you may have a number of questions you would like answered.

Why might I need this treatment?

In order to correct the position of the teeth and provide a better functioning bite, the jaw bones must be in the correct position. If this is not the case, orthodontics alone cannot correct the bite. Surgery will be needed to move the jaws into the right position so the teeth can be moved to meet evenly.

If I need jaw surgery, why do I also require orthodontics?

If the jaws are to be moved into the correct position, it is important your teeth are moved so that they will meet evenly after surgery. It is likely that your bite may appear worse before surgery.

Examples of how teeth bite just before surgery.

What type of brace will I need to wear?

Fixed braces tend to be used to align the teeth prior to jaw surgery.

Are the braces removed just before the operation?

No. The braces stay in position during and after the operation for a number of months. During the operation they help the surgeon to position the jaws evenly. After the operation they help the orthodontist "fine tune" the bite with the aid of elastic bands.

How will the operation be done?

The majority of the operation will be done from inside your mouth when you are asleep (under a general anaesthetic).

Will my jaws be wired together?

No. Patients having jaw surgery used to have their teeth wired together for 6 - 8 weeks afterwards. This is now uncommon as small metal plates and screws are used to hold the bones together. These plates are on the surface of the bone but beneath the skin, and generally remain in place forever. Very occasionally they are removed at a later date.

How long will I be in hospital?

This varies, but in general between 2 - 4 days.

Can I eat normally?

Yes, up until the operation you should be able to eat normally. For your orthodontic treatment to work well and in the shortest possible time it is important you take care of your teeth and brace.

In order to prevent damage to both, you should avoid the following:

- Toffees, boiled sweets, sugared chewing gum, chocolate bars, etc.
- Fizzy drinks including diet drinks, excessive amounts of fruit juice.
- Hard foods which might damage the brace such as crunchy apples, crusty bread rolls, etc. Hard foods can be eaten with care if you cut them up first.

After the operation you will need to have a very soft diet for the first few weeks. The dietician at the hospital will advise you about this nearer the time. Following your operation you will need to pay special attention to your oral hygiene. Further information about taking care of your teeth following your surgery can be found on the BOS website.

Are there any after effects?

You will have some swelling and bruising after the operation. This will rapidly go down over the first 3-4 weeks. For operations on the lower jaw it is fairly common to have some numbness of the lower lip for some weeks or months afterwards. In a very small number of cases a permanent area of numbness remains. This numbness will not affect movement of your lip, only the feeling in it, in a similar way to an injection at the dentist. As with any operation, you will have to take it easy for the first week or two afterwards. You may need to be off college/work for up to 6 weeks.