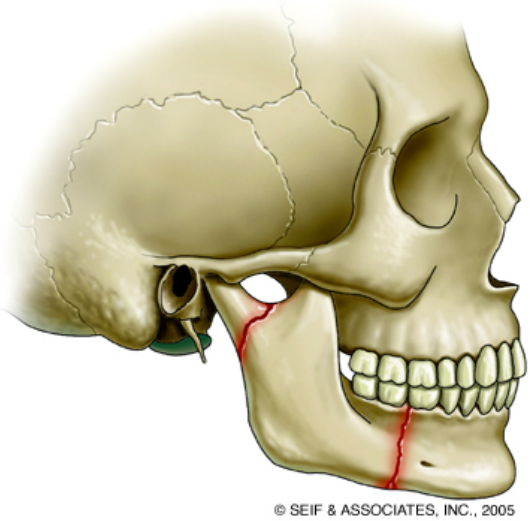
Jaw Fracture
(Mandibular Fracture)

You have a fracture of your mandible. This fracture is a break in the jaw bone. This is usually caused by *trauma* (a blow to the jaw).

HOME CARE INSTRUCTIONS

- If your jaws are wired, learn how to release them quickly in case of vomiting or severe coughing. Keep the wire cutters in an easy to reach location or carry them with you.
- Apply ice to the injury for 15 to 20 minutes each hour while awake for the first 2 days. Put the ice in a plastic bag and place a towel between the bag of ice and your skin.
- Eat a well balanced high-protein (full) liquid diet while your jaw is wired. Your caregiver or dietician can help you with this.
- Protect your jaw from pressure. Sleep on your back.
- Avoid exercising to the point that you become short of breath.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.



SEEK MEDICAL CARE IF:

- An oral temperature above 102° F (38.9° C) develops, or as your caregiver suggests, not controlled by medication.
- You develop a severe headache, or numbness in your face.
- You have severe jaw pain unrelieved with medications.
- The wires or splints become loose.
- You have uncontrollable *nausea* (feeling sick to your stomach) or anxiety.

SEEK IMMEDIATE MEDICAL CARE IF:

- You have difficulty breathing.
- You feel like your airway is closing or hear a high-pitched sound when you try and breathe.
- Problems have forced you to cut the wires holding your upper and lower teeth together.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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