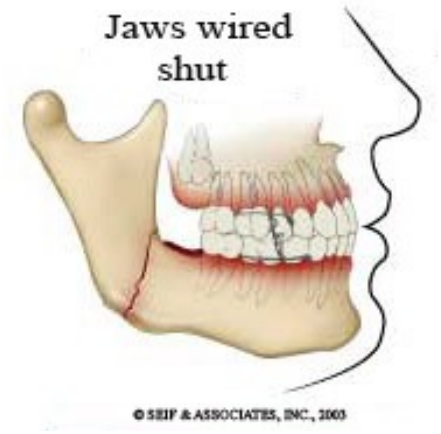
Wired Jaw
Home Care

HOME CARE

- Keep your mouth clean. Rinse your mouth with warm salt water after eating or drinking anything.
  - To make salt water, mix 1/2 teaspoon of salt (2.4 cc) in 1 cup (236 ml) warm water.
- Swelling is natural after your jaw is wired. To help with the swelling you may apply moist heat until the swelling goes down. Put a moist washcloth to the skin and place a water proof plastic wrap around the top of the washcloth, then cover this with a dry towel.
- Brush the front of your teeth with a child size, soft toothbrush after you eat.
- Use vaseline on your lips to keep them from drying and cracking.
- If you have to throw up, turn your face down or to the side and blow out.
- To keep the swelling down in your mouth, sit up or prop yourself up with 2 or 3 pillows. Lying flat will cause more swelling.
- Follow a fractured jaw diet.
- If any wires are cutting into your lips or gums, cover the wire with wax.
- Your pain medicine and decongestant medicine may make you sleepy. Do not drive or do other activities where you need to be alert. Drinking beer, wine, or hard liquor may make you more tired.
- Be sure to keep your clinic appointments.
- Take all medicines as prescribed by your doctor. These may include antibiotics or medicines to help limit nausea.



GET HELP RIGHT AWAY IF

- Pain is severe and not helped by medicines prescribed.
- You have nausea or vomiting not helped by medicines prescribed.
- You have a fever of 102° F (38.9° C) or above.
- You have wires holding bones together and you feel that one or more wires have broken.
- You have dizziness.
- You pass out.

Easy-to-Read style based on content from Parkland Health & Hospital System, Dallas, Texas

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