

What to Expect with Orthognathic Surgery

Orthognathic surgery, also known as corrective jaw surgery, is a surgical procedure used to correct abnormalities of the jaw bones and facial structure that affect chewing, speaking, breathing, and overall facial appearance. It is often performed to realign the jaws and teeth when orthodontic treatment alone cannot achieve proper alignment. Common reasons for orthognathic surgery include correcting severe overbites, underbites, open bites, facial asymmetry, or jaw misalignment caused by injury or congenital conditions. In addition to improving function and oral health, orthognathic surgery can enhance facial aesthetics and boost patient confidence.

Preparing for Orthognathic Surgery:

- Prior to Orthognathic Surgery, Orthodontia is almost always required.
- Orthodontia planning can take as little as 1-2 months or as long as 12-18 months depending on where you are in the Orthodontic process specific to Orthognathic surgery.
- An additional 6-9 months of Orthodontia post-surgery is necessary to help fine tune the teeth and jaw placement.

What Steps Must Occur Prior To Orthognathic Surgery:

1. **Consult:** Your first appointment with Dr. Dobbs will be an initial consultation. You will need to **bring with you** all imaging done. Including any Photos, Lateral Ceph, Sleep Study, Pano and/or CBCT Scans. We can also take these in our office if you do not have recent imaging to provide.
 - a. **Most imaging cannot be emailed between providers.** Please request images to be placed on a flash drive or CD and bring them to your appointment.
 - b. Our office will verify our network status with your insurance plan. It is your responsibility to verify you have orthognathic and/or jaw surgery benefits on your individual plan. Examples of possible diagnosis codes include but are not limited to, M26.02 (Maxillary Hypoplasia) and M26.03 (Mandibular Hyperplasia).
 - c. **Note:** We do not do sleep studies in our office. Dr. Dobbs will order one if necessary or you may have one ordered by your Primary Care Physician.
2. **Orthodontist and Dr. Dobbs Phone Call:** Dr. Dobbs will call ortho to discuss a specialized treatment plan for surgery.
3. **Orthodontic Prep:** Complete the first stage of orthodontic work for surgery prep. Orthodontist will need to send a letter to Dr. Dobbs indicating patient is surgically ready.
4. **Re-Evaluation:** You will schedule a re-evaluation with Dr. Dobbs to confirm you are ready to begin the surgical process.
5. **Schedule:** A Surgery date and a "Records Appointment" with Dr. Dobbs. At this time, our surgery and insurance coordinator will obtain prior authorization for surgery and call you to schedule once we have authorization. We do not prior authorize any surgical procedures until about 3 months before surgery.



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6. **Records Appointment:** This appointment will be scheduled one month prior to surgery date. We will take additional imaging (CBCT Scan) and an Intra Oral Scan (IOS) of the mouth and teeth. Dr. Dobbs will begin Virtual Surgery Planning and build custom plates and splints for your case. We will discuss in detail pre-operative instructions and post-operative care. This will be your last visit prior to surgery.
7. **Surgery:** You will have Orthognathic Surgery with typically a one-night stay in the hospital. You will only be released if you are consuming calories, off supplemental oxygen, up walking and pain is controlled. If medically necessary, the hospital will obtain authorization for any additional nights.
8. **Hospital/Surgical Center:** Surgery will take place at HCA HealthONE Skyridge, located at 10101 Ridgeway Pkwy, Lone Tree, CO 80124
9. **Post-operative Appointments:** There will be approximately 3-4 visits with Dr. Dobbs in the first 6 weeks following surgery at Saddle Rock Institute, 7380 S Gartrell Road, Aurora, CO 80016

Typical Healing Time, Time off Work/School and Exercise:

- Plan for 4-6 weeks off work or school. However, some patients may go back to office work or school as soon as 1 week after surgery.
- Labor workers and athletes will need to take 6-10 weeks off depending on the type of activity they will be doing.
- It is ok to walk and do **light** activity in the first 6 weeks post-op but **NO HEAVY LIFTING!** At your 6-week visit, you will likely be able to increase to more moderate activities, and most patients are back to all normal activities around 10-12 weeks post-op.

Diet:

- **Surgery day – 6 weeks post-surgery: NO CHEW DIET**, absolutely no chewing or load on teeth.
- **Week 6 – Week 10 post-surgery: SOFT DIET ONLY.** Which includes eggs, well cooked pasta, soups, pancakes, oatmeal, or any food that you can cut with a cheap plastic fork.
- **Week 10- Week 12: PAIN FREE DIET**, eating foods that are comfortable for you to chew as you work back to your normal diet.

Next Steps:
