

Definition of Fracture:

A fracture is a break in bone tissue. A fracture occurs when a bone is subjected to a force that exceeds its capacity and resistance. Most fractures occur as a result of trauma, and they also occur more frequently in bones that have been weakened by diseases such as osteoporosis, cancer, and Paget's disease.

Definition of Mandibular Fracture (Lower Jaw)

The lower jaw is formed by a middle part and two trunks and two angles of the jaw and the upper horn. Fractures can occur in any part of it. One of the most common fractures when an impact occurs is a fracture of the lower jaw. The fracture occurs at the angle of the jaw.

Preoperative training:

- Training patients to fast for 8 hours before surgery
- Training not to take blood pressure, diabetes and anticoagulant medications before surgery as ordered by the doctor
- Training on removing dentures, artificial nails, chewing gum, jewelry, etc.
- Training on voiding urine before surgery
- Removing nail polish

Postoperative instructions:

- 1-Sleep on your back and place your head under a pillow.
- 2-Apply cold compresses around the jaw alternately for 24-48 hours, every quarter of an hour.
- 3-Maintain personal hygiene. Avoid contact with contamination of the surgical area.
- 4-Rinse your mouth with chlorhexidine and normal saline solution every 8 hours.
- 5-Use a soft toothbrush several times a day for the days following the surgery after obtaining permission from your doctor.
- 6- If you have pain, use painkillers prescribed by your doctor and avoid sleeping on the surgical area.

7- Do not manipulate the dental wires (if you experience symptoms of shortness of breath and respiratory obstruction, cut the connecting wire between the upper and lower jaw with a wire cutter as directed by your doctor.

8- Eat a diet of filtered liquids, high in protein and calories (chicken, meat, mixed and filtered vegetables and fruits, and natural fruit juices).

9- Avoid heavy activity.

10- Showering after surgery is only permitted with the permission of the doctor.

11- Express your needs through pen and paper and talk less. 12- Dress the wound area with sterile tips
Minimum training during discharge:

Diet

Educate about the diet prescribed based on the condition or diagnosis.

If a diet has not been prescribed, instruct the patient to consume a low-residue, high-protein, high-calorie diet.

Instruct the patient to avoid stimulant foods

Help the patient and caregiver consult with a nutritionist about specific dietary needs.

General Information

Provide written and verbal education to the patient and caregiver.

Review the physician's explanation of the condition and contributing factors.

Warning signs: If you develop high fever and respiratory distress, be sure to visit an emergency maxillofacial center. Activity Advise the patient to avoid strenuous activity after surgery. Encourage the patient to perform self-care activities as tolerated.

Medications

Explain the purpose, amount, timing, and method of taking each prescribed medication, such as antibiotics, as well as any side effects that should be reported to the doctor or nurse.

Antibiotics may be prescribed to control infection.

Instruct the patient to avoid taking over-the-counter medications without consulting the physician.

Advise the patient to avoid taking aspirin, warfarin, and other similar medications after surgery due to the risk of bleeding.

Stress the importance of regular visits and make sure the patient has the names and phone numbers of emergency contacts.