

# Postoperative Instructions

## Double Jaw Advancement

### Instructions Following Your Procedure:

Your physician has recommended a procedure to treat your sleep apnea called double jaw advancement or maxillomandibulo osteotomy and advancement.

This is a procedure that would be performed by an oral surgeon and involves advancing both the upper and lower jaw forward to open the airway.

While this is an involved surgical procedure with a possibly challenging recovery, it is highly successful for treatment of obstructive sleep apnea. Even if you have doubts about pursuing this option for your treatment, it is recommended that you have a follow up with an Oral Surgeon who specializes in this treatment to at least have discussion regarding the risks and to understand the potential benefits.

If it is agreeable to you, your physician will contact the Oral Surgeon on your behalf to facilitate an appointment.

Additionally, information regarding this procedure can be found through a book that was recently published called: **“Breathless, how a broken jaw saved my life”** written by Steve Volk. This book is available only on Kindle (you don’t need a Kindle device to obtain, you can download the Kindle app on any computer, smart phone or other electronic device).

If you have further questions, you can reach out to your physician at the phone number listed.

#### Contact Info:

Thomas Jefferson University  
Otolaryngology – Head and  
Neck Surgery

925 Chestnut Street, 7<sup>th</sup> Floor  
Philadelphia, PA 19107

Phone: 215-955-6760

Fax: 215-503-3736