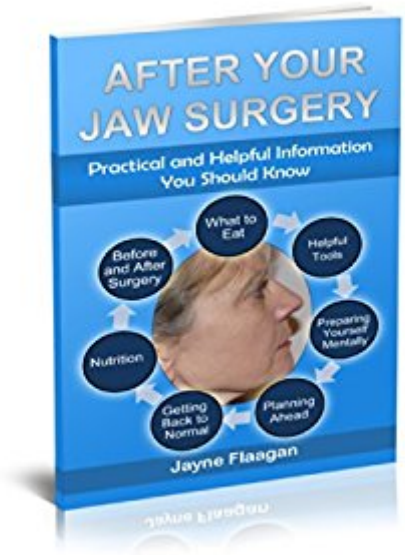
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After Your Jaw Surgery: Practical And Helpful Information You Should Know



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Synopsis

I underwent jaw surgery and woke up with my jaws wired shut. I was so unprepared! This book has been written to help you on your journey as you are healing after jaw surgery. You may be on a liquid diet and maybe you are not. This book does assume that you are probably on some kind of special diet and offers numerous suggestions for foods that help heal after surgery. Both before and after jaw surgery, I tried to find information about living on a soft food and/or liquid diet. I was unable to find very little information on jaw surgery recovery, so I had to "play it by ear." I was completely ignorant of all the physical, psychological and emotional changes that would be involved.This book is easy-to-read and straight-forward. It will give you lots of helpful "inside" information in a relatively short period of reading time. It is information that you will want to know to help prepare you for what comes during your jaw surgery recovery time. There are many things that would have been so helpful had I known thembefore-hand. I want to prevent this from happening to you. You do not need to learn everything the hard way about your jaw surgery recovery, as I had to. Being prepared really is half the battle. I have "been there" and I can help!

Book Information

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Customer Reviews

While the subject may only appeal to a select few, the author has done a masterful job of explaining her experience after jaw surgery. The topics run the gamut from an explanation of the surgery (including pictures of the surgical screws when removed) to the utensils required to maintain health and dental cleanliness. Ms. Flaagan even includes recipes for those who must undergo a "liquid" diet. Incidentally, who knew there is so many definitions of "liquid".Hopefully, I will never undergo a similar experience. Never-the-less, I am glad to have read this informative and well-written explanation of the process, her experience, and the pitfalls. Every doctor doing jaw surgery should make this book available to their patients.

A couple of years ago my husband was in a really back accident and had a broken leg, and his jaw was wired shut because of a mandible fracture. It was a really tough time, and there wasn't much help or guidance. I can honestly say, as someone who's witnessed a loved one who's been affected by this I can truly say that this book is amazingly helpful and full of my tips, tricks and reminders for anyone who has to have this type of surgery. The book is also really helpful for anyone considering a liquid diet but in search of recipes! All around great read!

I am very fortunate not to ever had my jaw wired for any reason, so I'm sure I can't even imagine the problems that would come with it. This is a very good book written by Jayne, (the author) who has experienced this first hand. A lot of problems she had to handle on her own and come up with solutions to her problems of eating, drinking, and staying nutritionally balanced. Of course you could just read this book for the recipes too. I enjoyed the book and I think you will too. It is a short book that you can read in one sitting.

Well done overall. She's not a Pulitzer prize winner, but she does help you understand both some practical tips of how to handle eating, as well as the emotional and mental struggles that may follow jaw surgery. This book definitely was helpful to me after my surgery a few months ago.

This book is written in a format that is easy to read by someone who has been there. I ordered this book because of my TMJ and surgery options. It helped me get organized with what I need to get before surgery so I can be better prepared. It's 75 pages and I read it in one sitting.

it helps come but mine was due to a car accident

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