

CHECKLIST PRE- ORTHOGNATHIC (JAW) SURGERY

NAME: _____ **DATE:** _____

❖ **Ensure you are a healthy Body Mass index (BMI).** weight to your height. This can be done using Body Mass Index (BMI).

❖ **How to weigh yourself correctly**

Take your weight first thing in the morning on an empty stomach in minimal clothing, emptying your bladder and in bare feet. Measure your weight in kilograms (1.0kg = 2.2 lbs)

❖ **How to measure your height correctly**

Stand tall in your bare feet, looking straight ahead with your feet together and heels against a wall. Have a friend gently lower a ruler down on your head and then mark your height on the wall with a light pencil. Use a measuring tape and measure your height in metres.

❖ **How to calculate your Body Mass Index (BMI)**

$$\text{BMI} = \frac{\text{Weight (kilograms)}}{\text{Height (metres)}^2}$$

1. Work out your height in metres and multiply the figure by itself e.g.

$$1.6\text{m} \times 1.6\text{m} = 2.56\text{m}^2$$

2. Measure your weight in kilograms e.g. 65kg

3. Divide the weight by the height squared (i.e. the answer to Q1) e.g.

$$65 \div 2.56 = 25.4\text{kg/m}^2$$

So what does your BMI mean?

- ❖ Less than 18.5kg/m^2 is **underweight**
 - ❖ $18.5 - 24.9\text{kg/m}^2$ is a **healthy normal** weight
 - ❖ $25 - 29.9\text{kg/m}^2$ is **overweight**
 - ❖ Greater than 30kg/m^2 is **obese**
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- ❖ Avoid weight loss pre surgery and even gaining some weight pre surgery may be of benefit to you, especially if your BMI is in the underweight or lower end of normal range.
 - ❖ If you are struggling to maintain your weight pre-surgery, please refer to the 'optimum nutrition Pre-surgery' diet sheet.
 - ❖ Please read the puree diet sheet for Bimaxillary surgery before your operation and note any questions you may have post surgery for your dietitian.
 - ❖ Please ensure the appropriate foods / utensils are at home pre discharge for the Post Bimaxillary Surgery diet.
 - ❖ If you have a medical card this will cover the cost of your nutritional supplements. Ensure you have applied for a Medical Card if applicable as soon as surgery has been planned.
 - ❖ If you have a Drugs Payment Scheme (DPS) card this will cover the cost of your nutritional supplements. Ensure you have applied for a Drugs Payment scheme Card if applicable as soon as surgery has been planned.