

## Hilotherapy in Orthognathic Surgery

**Authors :** N. Gharooni-Dowrani, B. Gharooni-Dowrani

**Abstract :** The benefits of hilotherapy following orthognathic surgery have been explored in recent years, demonstrating reduction in patient pain and swelling post-operatively. However, hilotherapy is not always widely accessible to all patients following orthognathic surgery. In this study, 50 patients were examined at Luton and Dunstable Hospital, half (25) of which used hiloterm masks post operatively and half of which opted for traditional ice packs in order to aid recovery. This study demonstrated that the use of hilotherapy reduced patient pain when analgesia need and use were analysed, as well as shortening inpatient stay. Although no current hiloterm masks are available without rental services in our trust, this study demonstrated the positive outcomes that they may bring, which may be worth future investment for our department.

**Keywords :** orthognathic surgery, orthodontics, hilotherapy, OMFS

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