A STUDY OF VARIATIONS IN NUTRITIONAL ASSESSMENT PARAMETERS IN MAXILLOFACIAL TRAUMA PATIENTS WITH INTERMAXILLARY FIXATION

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Maxillofacial injuries not only lead to functional and cosmetic disability for which primarily treatment is sought, but also lead to profound metabolic changes which directly influence the outcome of any management.

These metabolic changes reflect the overall nutritional status of the patient since in these patients the normal biochemical composition of the body will have to be maintained despite reduced intake. Also there is an increased metabolic demand with an added disturbance of normal metabolism due to factors which include stress, blood loss, transfusions, and the effect of certain drugs.

Patients with maxillofacial trauma and intra oral degloving injuries present unique nutritional problems. Nutritional supplementation is further complicated by intermaxillary fixation for 6 weeks or longer in patients sustaining maxillofacial trauma.

The normal adult needs 30-40 cal/kg body weight/day. Therefore, for a 70kg healthy adult, the requirement is 2700 cal/day. However, the caloric requirement can change, for example, sepsis increases the demand by 5-8% for each degree rise in body temperature. Major fractures of any bones can increase the caloric demand by 10-25% and in severe burn patients there may be a 40-100% increase.