

NOTIFY YOUR DOCTOR IS:

- Profuse bleeding continues after 3-4 hours of applied pressure.
- You are unable to maintain a nutritious diet after 48 hours.
- The pain and/or swelling increases after the third day.
- An oral bandage / stitch (suture) becomes dislodged in the 1st week after your surgery.
- An allergic reaction to medications occurs such as: skin rash, hives, elevated temperature, increased and/or erratic heart rate, nausea/vomiting, dizziness/fainting, blurred vision.

NO NO'S FOR THE FIRST 72 HOURS:

- DO NOT smoke.
- DO NOT spit OR use a straw.
- Avoid sneezing. If you have to, do it with an open mouth.
- DO NOT exercise or do heavy lifting for 7 days after surgery.
- DO NOT SPEAK. Limit talking as much as possible (the more the better) and yawning. If you must yawn, try to limit your opening.
- DO NOT eat hard or hot food or anything with seeds. No crunchy or sticky food.
- DO NOT play with your stitches (sutures) or remove congealed blood clot.
- DO NOT brush or floss the surgical area until you are told by your doctor.

REMEMBER: AVOID THE S'S:

NO SPITTING, NO SNEEZING, NO SPEAKING, NO STRAWS, NO SMOKING, NO SEEDS, NO SODA OR SPARKLING LIQUIDS.

BLEEDING: To slow or prevent bleeding, bite with light pressure on the gauze pack that has been placed over the surgical area. Pressure should be applied while ice compression (ice packs) is applied to the area, as demonstrated during your appointment, in 10-15 minute intervals and repeated until the bleeding is brought under control. If bleeding persists without slowing for several hours, apply gauze soaked in strong tea or use a tea bag and repeat the above steps until the bleeding stops. If after multiple cycles (3-4 hours) bleeding persists and not slowing down, or if you feel faint, you should go to nearby ER or call 911 and notify us.

SWELLING/BRUISING: To prevent and/or minimize swelling and bleeding, **APPLY ICE PACKS at 10-15 minute intervals to the area.** After 72 hours, apply warm compress to the area to relieve the swelling. Swelling/bruising is a natural part of the healing process and can be expected for several days to several weeks depending on the nature and extent of the surgery.

DISCOMFORT: Following most surgical procedures, there may be some discomfort and pain. You will be provided with medication for discomfort that is appropriate for you. In most cases, a non-narcotic pain regimen will be given consisting of Acetaminophen (Tylenol) and Ibuprofen (Advil or Motrin). These two medications, when taken together, will be as effective as a narcotic without any of the side effects associated with narcotics. Be sure to take Ibuprofen three times a day with food in the first 3 to 5 days after your surgery and after that as needed for pain.

NUTRITION: A COLD LIQUID DIET IS RECOMMENDED THE FIRST 3 DAYS. Chewing should be avoided or done away from the surgical/extraction site. Soft food can be resumed on day four that require minimal chewing or no chewing (like fish, broiled eggs etc.) If you are not allergic, dairy products are recommended. Also, if you are given antibiotics, if you can't have dairy in your diet, please use over the counter probiotics to avoid complications with the digestive system. No seeds, crunchy or sticky food for at least 3 weeks. For better bone healing, you can take over the counter Vitamin D3, Vitamin C, B12, and also glucosamine as instructed on the label after your procedure.

ORAL HYGIENE: Continue gentle brushing and flossing, **HOWEVER, AVOID THE SURGICAL AREA(S) UNTIL INSTRUCTED TO RESUME BY YOUR DOCTOR.** You may rinse with warm saltwater (1/2 tsp. of salt 8oz of warm water) 3-4 times per day after 72 hours. Gently apply the wound dressing gel (Sockit! Gel) and other oral rinse prescribed as directed.

SLEEPING: It is highly advisable to get as much sleep as possible to expedite recovery. Your body should spend the energy on healing as much as possible. However, please be sure to sleep supine on your back with your head comfortably elevated. **Do not sleep on the side, especially the side where you had the surgery.**

POST SURGERY DIET: After surgery, your bone needs to rebuild. A healthy, well-balanced diet rich in key nutrients can help speed that up. Unless advised otherwise by your physician or medical team, you can also take over the counter supplements and take them as directed on the label. **ALL FOOD SHOULD BE VERY SOFT AND CONSUMED IN SMALL BITES – AVOID MOUTH FULL OF ANYTHING OR BITING INTO ANYTHING. AVOID CRISPY, SEEDED, FLAKY FOODS.**

Here are some foods that can help you heal:

Protein

About half your bone's structure is made of this. When you have a fracture, your body needs it to build new bone for the repair. It also helps your body take in and use calcium, another key nutrient for healthy bones.

Good sources: Soft meat, fish, milk, cheese, cottage cheese, yogurt

Calcium

This mineral also helps you build strong bones, so foods and drinks rich in it can help your bone fracture heal.

Good sources: Milk, yogurt, cheese, cottage cheese, soft broiled vegetables like broccoli and turnip or collard greens, kale, bok choy, soy, beans, canned tuna or salmon, almond milk, and fortified orange juice.

Vitamin D3

This vitamin should be a part of your diet to help your fracture heal. It helps your body take in and use calcium and build up the minerals in your bones.

Good sources: Swordfish, salmon, cod liver oil, sardines, liver, fortified milk or yogurt, egg yolks, and fortified orange juice.

Vitamin C

Collagen is a protein that's an important building block for bone. Vitamin C helps your body make collagen, which helps your bone and gum tissue heal. You can get it from many tasty, fresh fruits and veggies. Aged or heated produce can lose some of its vitamin C, so go for fresh or frozen and be sure that it is soft.

Good sources: Citrus fruits like oranges, kiwi fruit, berries, tomatoes, potatoes, and green vegetables.

Iron

If you have iron-deficiency anemia -- when you don't have enough healthy red blood cells -- you may heal more slowly. It also plays a part in getting oxygen into your bones to help them heal.

Good sources: Soft red meat, dark-meat chicken or turkey, oily fish, eggs, dried fruits, leafy green veggies, whole-grain breads, and fortified cereals.

What Not to Eat

It's a good idea to cut back on or skip these:

Alcohol: While you don't have to cut out alcoholic drinks, these beverages slow down bone healing. You won't build new bone as fast to fix the fracture. A bit too much alcohol can also make you unsteady on your feet, which can make you more likely to fall and risk an injury to the same bone.

Salt: Too much of this in your diet can make you lose more calcium in your urine. Salt can be in some foods or drinks that don't taste salty, so check labels and aim for about 1 teaspoon, or 6 grams, a day.

Coffee: Lots of caffeine -- can slow down bone healing. It might make you pee more, and that could mean you lose more calcium through your urine. A conservative amount of coffee or tea should be fine.

AND PLEASE AVOID SMOKING. IT SIGNIFICANTLY SLOW DOWN HEALING AND IN SOME CASE CAUSES SUB OPTIMAL HEALING AND DENTAL/MEDICAL COMPLICATIONS.

I have read and understand this form. I have been given sufficient time to read through this form and to ask any questions I have concerning this form and any part of my treatment/consent.

Opioid counselling has been given.

I fully understand post-operative visits and continuous regular check-ups are essential to maximize chances of the treatment success.

SUMMARY TO REMEMBER, FOLLOW INSTRUCTIONS CLOSELY AND ASK IF YOU HAVE ANY QUESTIONS. PLEASE CALL OUR OFFICE IF ANY UNUSUAL SYMPTOMS OCCUR AT 301 750 7000.

PATIENT'S NAME

PATIENT'S SIGNATURE

DATE