

## WHEN SHOULD YOU NOTIFY A DOCTOR

1. If profuse bleeding continues after 3-4 hours of applied pressure.  
Refer to page 2 of this booklet.
2. If you are unable to maintain a nutritious diet after 48 hours.  
Refer to page 3 of this booklet.
3. If the pain or swelling increases after the third day.
4. If the sutures (stitches) become loose or dislodged prior to the third day.
5. If an oral bandage or dressing that was placed becomes dislodged prior to the third day.
6. If you have any symptoms which may indicate a reaction or allergy to the medications such as:

Skin rash/Itching  
Hives  
Elevated temperature  
Increased and/or erratic heart rate  
Nausea/vomiting  
Dizziness/fainting  
Blurred vision

7. If wires or splints were placed and become dislodged or loose.
8. If your body temperature remains higher than 100 degrees F.  
taken orally after the third day.

Please notify the office if you have **ANY** questions. Usually a single explanation can resolve the situation and free you of worry.

# YOUR HOME CARE INSTRUCTIONS

## BLEEDING

To slow and prevent bleeding, bite with light pressure on the gauze pack that has been placed over the surgical area. Pressure should be applied in 15 minute intervals and repeated until the bleeding is controlled. Pressure will assist in the body's natural blood clotting process.

If the bleeding persists without slowing for several hours, apply a *moist* tea bag wrapped in gauze and repeat the steps above. The tannic acid in the tea will assist in controlling the bleeding.

If profuse bleeding is still occurring after 3-4 hours, and the above measures have been taken, **call this office immediately.**

After 24 hours, gently rinse with warm salt water. **DO NOT** use vigorous, mouth washing action. This action may dislodge the body's natural cloning process and reopen the area to bleeding.

**DO NOT** exercise, use physical force, or enter stressful situations for the first 72 hours or until the medication and natural healing process allows. This will increase your heart rate and thereby blood pressure. This too, has an adverse action on the body's natural healing process.

**DO NOT** operate heavy or hazardous equipment for the first 24 hours or until the medication and natural healing process allow.

Follow the additional instructions provided that are pertinent to the particular medications the doctor has prescribed for you.

## SWELLING

Apply ice packs at 15 minute intervals to reduce the swelling. After 72 hours heat will relieve the swelling. Swelling is a part of the healing process and can be expected for 3 days to several weeks depending on the nature and extent of the surgery.

Please notify the office if you have **ANY** questions. Usually a single explanation can resolve the situation and free you of worry.



## YOUR DIETARY NEEDS

**DO NOT** try to eat solid foods until the local anesthetic wears off. You will have no feeling in the surrounding area, including your tongue, and may unknowingly bite yourself.

**DO NOT** use a straw when taking in liquids. The sucking action will cause a vacuum in the mouth and may dislodge the body's natural clotting process.

## LIQUIDS

**DO** take in liquids immediately and prior to taking any pain medication. This will help prevent nausea, an upset stomach, and expedite the medication's effects.

## VITAMIN THERAPY

Vitamin C      1500 mg per day  
*Begin taking five days prior to your surgery and continue until your treatment has been completed. Take 500 mg three times daily, or use time release pills.*

Antibiotics      As Prescribed  
*It is important that all antibiotics be taken to completion.*

## AFTER SURGERY

A nutritious diet throughout your healing stage is most important to your comfort, temperament, and healing. Hungry people become irritable and less able to deal with discomfort which can follow surgery. Since you will be taking medication, it is important that you are aware that eating can prevent nausea sometimes associated with certain medications.

Milk, along with cooked cereals, scrambled eggs, cottage cheese, and milk toast are recommended for the initial day following surgery.

Soups, broiled fish, stewed chicken, mashed potatoes and cooked vegetables can be added to your diet as your comfort indicates.

Nutriment, Ensure, Sego, and/or yogurt supply excellent added nutrition. These are especially indicated if other soft foods are not taken in.

Please avoid acidic foods such as tomatoes, orange juice and citrus foods, as they may cause discomfort.

**ABOVE ALL, EAT A NUTRITIOUS DIET, WITH SOFT FOODS.**