

HOME CARE INSTRUCTIONS FOLLOWING SURGERY

DO NOT DISTURB THE WOUND: In doing so, you may invite irritations, infection and/or bleeding. Be sure to chew on the opposite for 24 hours and keep anything sharp from entering the wound (i.e., eating utensils). If you have had stitches placed, in most instances, they dissolve on their own. If you have had non-dissolvable stitches placed, a post-operative check is usually booked in 2 weeks for suture removal.

DO NOT SMOKE FOR AT LEAST 1 FULL WEEK POST SURGERY AND 1 DAY BEFORE YOUR SURGERY: Smoking will promote bleeding and interfere with healing. If you must smoke after this period, cover the wound with gauze and inhale the minimum amount to meet your needs.

RINSING: Avoid all rinsing for 24 hours after the extraction. This ensures the formation of a healing blood clot, which is essential to proper wound healing. Disturbance of this clot can lead to increased bleeding or the loss of the blood clot. If the clot is lost, a painful condition called a dry socket might occur (normally 2-3days after). Use warm salt water twice a day after 24 hours to keep the area clean. If you have been prescribed Peridex, use as instructed by Dr. Sheikh.

DO NOT SPIT OR SUCK THROUGH A STRAW FOR 48 HOURS:
This will promote bleeding and dislodge the clot.

BLEEDING: A rolled up gauze pad will be placed on the surgical site, and you will be asked to change this dressing every 30 minutes or so, depending on the amount of bleeding that is occurring. It is normal for some blood to ooze from the surgery area. We will also give you extra gauze for home use. If needed, remember to roll the gauze into a ball large enough to cover the wound and MOISTEN it. Hold firmly in place by biting it or with finger pressure for about 30 minutes. If bleeding continues, you may fold a wet tea bag in half and bite down on it. Tea contains tannic acid, a styptic, which may help reduce the bleeding.

PAIN: Some discomfort is normal after surgery. **Please purchase Extra Strength Advil and Extra Strength Tylenol** to be taken under Dr. Maria's direction. Take any prescribed prescription medication as directed. NEVER take prescription pain medication on an empty stomach. If pain continues or re-occurs after 4 days, please call Dr. Maria Office 416-651-6262 or Cell Phone: 647-482-3836.

SWELLING: To prevent swelling, apply an ice pack or cold towel to the outside of your face in the area of the extraction during the first 12-24 hours. Apply alternately, **20 minutes on then 20 minutes off**, for the rest of the day. After 48 hours, apply warm moist compresses to the swelling for 20 minutes per hour. Swelling can peak in 48 hours and may last 7-14 days. Using **Arnica Cream** is very helpful with swelling and pain.

After 5-7 days, if the swelling has not started to decrease or the swelling (or pain) increases again, notify our office at once. It may take 4-6 weeks for the tissues at the surgical site to completely heal.

ORAL HYGIENE: Avoid brushing the site for the first 4 days (for extractions) or 2 weeks (for gum surgery).

After this period, use a tooth brush gently near the site. If you have been prescribed Peridex, follow Dr. Sheikh's instructions as to when you can use Peridex again. **FAILURE** to maintain good oral hygiene will result in **INFECTION AND DELAYED HEALING**.

DIET: Maintain a nutritious diet during the healing period. **For the first week:**

Avoid hot foods/liquids and hard and sticky items (they may become lodged in the wound, causing an infection). **Cold foods like ice cream or yogurt may be the most comfortable for the first day.** Soft foods liquified in a food blender are equally good, especially if diet supplements (Ensure, Boost) are added. Scrambled eggs, fish, pasta, mashed potatoes. It is also important to drink plenty of fluids.

Wait at least **one-week** before eating solid foods or as soon as they can be comfortably managed. **COMMON SENSE** is the best guide to food intake. Be sure to cleanse your mouth properly after each meal.

Plan to rest and relax following surgery. It is permissible to begin moderate activity 2-4 days after surgery; however, do **NOT** resume normal activity until you are well enough to do so or unless otherwise directed. Dr. Sheikh will be pleased to advise you if you are in doubt. Please rest with your head elevated for the first 48 hours.

Even with proper care, complications sometimes arise following surgery. Should there be a serious problem, you can contact

Dr. Maria Office 416-651-6262 or Office Cell Phone: 647-482-3836.