**Contacting our office**

Our highest priority is for every patient to be able to access our department when they have a question about their care. Please use the following guidelines to contact our office if you have questions about your care:

1. To **schedule an appointment**, please call 202-444-8751 and press option #2
2. Refer to FAQs to see if your question is addressed in our list
3. **Patient Portal**-**This is the best method to get a response within the same day**. Our nurse practitioners will monitor patient messages throughout the day and respond by the end of the workday. Please refer to the last page of your discharge instructions on how to set up the patient portal.
4. **Contacting office**-Call 202-444-7073 to speak to front desk.
5. **After hours care**- For any urgent after hours needs, call 202-444-7243 and ask for the Plastic Surgery Resident on call.
6. To obtain **test results or get a copy of your medical record**, please call 202-444-8751 and press option #3
7. To inquire about **billing or a referral**, please call 202-444-8751 and press option #4
8. To find **directions** to Georgetown Hospital, please call 202-444-8751 and press option #5

**Dr. Baker – Alveolar Bone Graft Postoperative Instructions**

**Post Operative Care:**

Patient should be encouraged to drink fluids. Swelling peaks at 24-48 hours after surgery. Patient should be encouraged to ambulate early and often to reduce swelling. Patient should with his/her head elevated to decrease swelling. Dissolvable stitches are placed in the mouth. The patient should avoid anything that might traumatize the stitches. Pain in the gums, cheeks, and hip is normal. Please take the pain medications as prescribed to avoid peaks in pain.

**Eating:**

Diet should be limited to clear liquids immediately after surgery. After several cups of clear fluids are tolerated, advance to full liquids for 10 days. Avoid acidic and spicy foods. The following foods are appropriate: pudding, yogurt, ice cream, Ensure, protein shakes and instant breakfast drinks. After 10 days, soft solids such as pasta, scrambled eggs, and mashed potatoes may be eaten.

**Graft Site Care:**

The patient should not brush the teeth for one week. After one week, the patient may begin brushing the lower teeth. The mouth may be rinsed with water as needed. The mouth should be rinsed with Peridex Oral Rinse or a 50% water and 50% hydrogen peroxide mixture after meals. A Water Pik may be used 4-6 times daily with 250-300 cc of water. The lower teeth may be gently brushed and flossed. Carmex or Vaseline should be applied to the lips after oral care. Stitches will begin to dissolve 1-2 weeks after surgery, but they may take up to 3 weeks to dissolve. Two to three weeks after surgery, the upper teeth may be gently cleaned but the graft area should be avoided. The graft area may be gently cleaned 4-6 weeks after surgery.

**Hip Donor Site Care:**

Remove the outer clear bandage after 3 days. The occlusive dressing or steri-strips should be left in place for 10 days. Showering is okay after surgery but avoid baths, pools, or hot tubs for 14 days. The sutures are dissolvable and do not need to be removed.

Only quiet activity is allowed for the first few days. No sports or recess for approximately 4-6 weeks.

**Call the office if you notice the following:**

Increased bleeding, pain, or continued vomiting

Wound drainage or separation of wound edges

Fever over 101 degrees

Signs or symptoms of infection

Signs or symptoms of dehydration

Difficulty breathing

Bright red blood

Pain that is not made tolerable by the pain medication

**myMedStar Patient Portal**

**myMedStar** is a free, secure and convenient way to manage your health care and communicate with your physician.

**With myMedStar you can:**
● Request and view upcoming appointments
● View most lab, radiology and pathology results as soon as they are available
● Renew prescriptions
● Exchange secure email messages with any of your MedStar Health care providers
● View summaries of your hospital or office visits
● And more

**How to Enroll:**

**Self-enrollment**
1. Go to *myMedstar.org*
2. Click **Enroll Now**
3. Follow the instructions to enroll. You will need:

● First and last name
● Date of birth
● Email address or this **PatientID - Your unique patient ID appears on page one of your discharge paperwork**

**Email Invitation:**

If you provided an email address during registration you should have received an invitation to enroll in the myMedStar patient portal.

● From within the invitation, click the link to accept the invitation.
● After successful verification, you will be prompted to create your account. Follow the onscreen instructions to complete the enrollment process.

MedStar Health is dedicated to helping improve your overall health care experience by providing convenient, streamlined resources to help you better manage your health. We now offer the ability for you to securely connect some of the health management apps you may use(i.e. fitness trackers, dietary trackers, etc.) to your health record. Email us at mymedstar@medstar.net if you are interested. Once we receive your request, MedStar Health will work with the appropriate vendors to determine if they meet the technical requirements in order to establish a secure connection.

If you have questions or need assistance creating your account, please contact myMedStar support toll free at 1-877-745-5656, 24 hours a day, 7 days a week.