



SURGICAL ENDODONTIC POST-OPERATIVE INSTRUCTIONS

Please follow these instructions as closely as possible. They are designed to help you heal quickly, and comfortably, with minimal side effects. If you experience any complications, please call the office.

FOR THE REMAINDER OF THE DAY:

1. Do not spit. Use a tissue to wipe your mouth as needed, or swallow your saliva.
2. Do not use a drinking straw. Drink straight from the cup.
3. Do not smoke.
4. Keep fingers and tongue away from the surgical area, and avoid lifting the lip to view the surgical site.

FOR BLEEDING:

Some minor bleeding is expected after surgery. It will usually subside quickly, and stop within an hour or two after surgery. A little oozing is normal and may persist for several hours.

1. Keep gauze on the surgical area with some pressure for 30 to 45 minutes.
2. Remove the gauze after 30 to 45 minutes, and replace it with a new piece of gauze if you are still bleeding. It is important to make sure the gauze is directly on the surgical site. Firm pressure for another hour should stop the bleeding.
3. If you find that this is not working after your third attempt, use a moistened tea bag instead of the gauze. The tannic acid in tea will help to form a clot, and stop the bleeding.
4. If all else fails, call the office.

FOR SWELLING:

Most patients will experience some swelling after surgery in the mouth. It may be mild or severe, and is different for every patient. The swelling will get bigger for the first 24 to 48 hours before it starts to go away. It may last for several days to one week.

1. Use an ice pack on the cheek or face next to the surgical site. Keep it on for 15 to 20 minutes, then off for 10 minutes, and repeat until you go to sleep. Start again the next day.
2. Sleep with your head elevated slightly, above the heart. This will keep swelling down.
3. On the third day, change to moist heat instead of ice packs. This will bring the swelling down more quickly.



EATING:

You may eat soft foods as soon as the anesthetic wears off. Try not to chew directly on the surgical site. You may resume a regular diet as soon as you feel up to it. Please stay well-nourished, and well-hydrated, and you will heal faster.

BRUSHING:

You may brush your teeth, avoiding the surgical area, either tonight, or tomorrow morning. Be gentle, and do not spit or rinse forcefully. Start brushing the surgical area on the second day, and be very gentle on the stitches. Do not floss near the surgical site for 7 days.

RINSING:

You may start rinsing today, gently, with some warm salty water every few hours. Do not use alcohol-containing mouth rinses for a few days.

SUTURES:

The sutures that were placed will be removed within 5-7 days following surgery. If you feel that there are strands of suture material that become loose prior to your follow-up appointment, contact the office. Do not pull on the loose ends of the sutures.

MEDICATIONS:

It is important that any prescribed medication be taken according to the instructions on the prescription. Antibiotics, if prescribed, should be taken until the supply is gone.

Most post-operative symptoms usually respond well to over-the-counter medication, such as Advil (ibuprofen) or Tylenol (acetaminophen). If a narcotic pain medication was prescribed, it's important to carefully follow the instructions and be aware that narcotics can make you drowsy, so you should exercise caution when taking them and driving a car or operating dangerous machinery.

- For mild discomfort: 400 mg ibuprofen every 4-6 hours
- For moderate discomfort: 400-600 mg ibuprofen along with 500-1000 mg acetaminophen every 4-6 hours.

Though you may experience a slightly different sensation from your treated tooth than your other teeth for some time, you should contact the office immediately if you experience severe pain or swelling, or believe you are having an allergic reaction to a medication.

