

INSTRUCTIONS FOLLOWING ENDODONTIC SURGERY
WHAT TO DO:

1. Avoid strenuous activities for today and the next day.
2. Apply an ice bag to the face over the surgical site alternating every ten minutes. Continue the application for 24 hours following surgery. This will minimize swelling and discoloration.
3. During the 5-7 days after surgery, eat foods that **do not** require vigorous chewing.
4. There should not be much bleeding from the surgical site. If you experience significant bleeding, place a **moistened** tea bag or a **moistened** piece of folded gauze between the incision and your cheek. Rest with your head elevated for 20 minutes with slight to moderate pressure over the area. Remove the tea bag and confirm that the bleeding has stopped. If it has not, repeat with a new tea bag. If the bleeding persists, please call the office.
5. Use the Chlorhexidine rinse prescribed to you as instructed for 2-3 weeks.
6. You should **lightly** brush your teeth in the surgical site only **7 days** after surgery (excluding the gums). Do **not** use dental floss or any water irrigation device for **14 days**.
7. Do not lift or pull your lip to look at the surgical site.
8. Starting tomorrow, **gently** rinse the treated area with warm salt water after meals. Use one-half teaspoon of salt in a large glass of warm water.
9. Avoid suction of any form, ie: drinking out of a straw.
10. No smoking or consumption of alcohol for 2 weeks after surgery.
11. If possible when sleeping, add a second pillow to increase head inclination to prevent additional swelling to the face, ie: don't lay flat.
12. Return to our office at your appointment date.

WHAT TO EXPECT:

1. Although severe pain seldom occurs, some discomfort will usually be present. Use the anti-inflammatory medication as directed. Taking ibuprofen 400-600mg (i.e. Advil) twice a day will help avoid discomfort and swelling. Please let our office know if you are unable to take ibuprofen due to medical reasons or if you have allergies to the medication.
2. Please inform us if you are experiencing significant discomfort or numbness in the area or if you are developing a temperature/fever.
3. There will be some swelling and possible bruising for 5-7 days (normal part of the healing process).