



## **INSTRUCTIONS FOLLOWING SURGICAL ENDODONTICS**

1. Apply an ice pack to your face next to the surgical area (on for 20 minutes and off for 20 minutes) for the next 5 to 6 hours to help decrease postoperative swelling. Swelling is usually greatest the day after surgery and may be at its worst 2 or 3 days after surgery.
2. Ibuprofen (600mg every 6 hours) is normally sufficient to manage any discomfort. Approximately 45 minutes should be allowed for you to feel the effects of the pain medication. If discomfort persists, call the office for instructions. If the doctor prescribed antibiotics, take as directed until gone.
3. Eat a soft diet (soup, pasta, scrambled eggs, mashed potatoes, etc.) until your sutures are removed. Liquid foods such as Ensure and Boost are good options immediately following your surgery. Avoid chewing in the area of the surgical site. Avoid hot, spicy, overly salty, or crunchy foods, and anything small or sharp that may disturb or get lodged in the surgical site.
4. Clean your mouth as usual (brushing, flossing, etc.) in all areas except the surgical site. Modify cleaning procedures of the teeth in the area of the surgical site (as directed by your doctor) to keep from disturbing the area. Rinse twice a day with the prescription mouthwash provided (Peridex) until after you return to have the sutures removed. Do not rinse vigorously during the first 24 hours following the surgery.
5. Rinse the surgical site with warm salt-water solution (use one teaspoon of salt per 8 oz. glass of warm water). Hold salt-water solution in area for 1-2 minutes, empty, and continue until all of the solution has been used. Repeat every hour if possible, AT MINIMUM 4-6x/day.
6. Minor oozing of blood from the surgical site may occur in the first 24 hours after surgery. This will produce a pink tinge in the saliva and is not a cause for concern. However, if the bleeding is excessive, please contact our office. You may apply pressure to the area with a tea bag or moist cotton gauze.
7. Sutures have been placed and will need to be removed at your next appointment. Please do not lift or pull on your lip to examine the surgical site because this may disturb the healing process. Do not place tongue on the wound or sutures.
8. Avoid cigarettes and all other tobacco products.