



Instructions Following Endodontic Surgery

1. Apply ice (in plastic bag or ice pack) to face, 10 minutes on, 10 minutes off. Repeat all day today. This will help keep swelling to a minimum.
2. Discoloration may appear following the surgery and will gradually disappear. If swelling occurs, it will reach its peak by the 4th day.
3. Slight bleeding can be expected during the first day of surgery. If excessive bleeding occurs, place a wet tea bag in the area and press firmly on the OUTSIDE of face over the affected area for ½ an hour. Keep head elevated. If bleeding persists, call the office.
4. Do NOT raise the lip to look at the operated area. It is possible to accidentally tear the stitches, open the incision, and delay healing.
5. Do NOT brush teeth in the surgical area with a toothbrush. Use a cotton swab to brush teeth in the surgical area. Do NOT use a rotary toothbrush or water pik for 7 days after surgery,
6. Eat a soft diet; mashed potatoes, yogurt, hamburgers, fruit juices, eggs, malted milk, ice cream, etc. Use a vitamin supplement if desired. Avoid hard or chewy foods (steak, toast) until the sutures come out. Avoid spicy food for at least 3 days.
7. Drink plenty of cold liquids. If possible, avoid hot drinks and soups for the first 24 hours. Do NOT drink through a straw.
8. Starting the day after your surgery, use a warm salt-water rinse (½ glass of water, ½ teaspoon of salt; repeat this 4 or 5 times a day for 2 weeks) or the prescribed mouth rinse (follow directions on bottle), whichever your doctor recommends. Rinse gently.
9. If you experience pain, take the prescription as directed, or, you may use over-the-counter medication (i.e. one 600mg Ibuprofen or three 200mg Ibuprofen every six hours).
10. Return to the office as scheduled, approximately 2 to 3 weeks after surgery.
11. If any unusual symptoms develop, please contact the office for advice or further instruction.