

## INSTRUCTIONS FOR HOME CARE FOLLOWING SURGICAL ROOT CANAL TREATMENT

1. Swelling, some discomfort, oozing, and/or skin discoloration may be experienced. This should be temporary. Tingling of the lip and/or cheek is possible due to stretching of the nerve supplying this area.
2. Ice should be used alternately: 20 minutes on, 20 minutes off, for 6 to 8 hours following surgery.
3. Do not raise the lip with your fingers to inspect the treated area – you may pull out some of the stitches.
4. Get plenty of rest and ensure normal intake of food, especially liquids such as fruit juices, soups and milk.. Avoid alcohol.. Eat only soft foods for the first 48 hours. Use your own judgment after this period, but avoid hard or chewy foods until your next visit..
5. Do not brush teeth near the operated area for 24 hours after surgery. Be sure to brush the rest of your teeth.
6. Starting tomorrow, use warm salt-water rinses (teaspoon of salt to a cup of warm water) on the treated area under the lip or cheek.. This should be done 4 to 5 times a day, allowing for 1 minute of rinsing each time. If you have been given a prescription mouth rinse, use it as directed.
7. Ibuprofen or aspirin (if you are not allergic to them) will usually take care of any discomfort you may experience. If you are allergic to either Ibuprofen or aspirin then Tylenol may be used. If it's anticipated that you'll need a prescription strength medication, one will already have been given to you.
8. The stitches we have placed need to be removed within 3 to 4 days, therefore, it is important that you keep the post-operative appointment we have scheduled for you.

\*SHOULD ANY DIFFICULTIES OR QUESTIONS ARISE, DO NOT HESITATE TO CALL THIS OFFICE AT ANY TIME AT (303) 920-4196. FOLLOW THE STEPS TO LEAVE AN "URGENT" MESSAGE AND THE DOCTOR WILL BE PAGED.