ENDODONTIC POST-SURGICAL INSTRUCTIONS

MEDICATION – if you were prescribed medication, it will help control the post-surgery discomfort. Take it exactly as directed on the label and DO NOT EXCEED THE DOSAGE LISTED. Drinking milk or eating some food before taking the medication will minimize any nausea. DO NOT DRINK ANY ALCOHOL, OPERATE MACHINERY, OR DRIVE A MOTOR VEHICLE WHILE TAKING THIS MEDICATION.

SWELLING -- it is common for some swelling to occur following endodontic surgery. Usually swelling is greatest on the morning following the day of surgery. If swelling increases after the first day, especially if accompanied by fever and pain, contact our office immediately.

ICE PACKS -- to minimize swelling, apply ice packs over the surgery area. Cover the area for 10 minutes, and then remove for 10 minutes. Repeat this cycle for at least six hours after the surgery. Do not use ice packs after the first 24 hours.

BLEEDING -- there should be no heavy bleeding following the surgery. It is normal for some oozing to occur for several hours following the surgery which will cause the saliva to have a pink color.

ACTIVITY -- reduce activity as much as possible the first two days following surgery. REST!

SMOKING -- you are advised not to smoke during the first 24 hours after surgery as smoking will dramatically prolong the healing process.

EATING -- eat soft, nutritious foods and drink plenty of liquids such as juices, milkshakes, and water. DO NOT DRINK THROUGH A STRAW FOR 48 HOURS FOLLOWING SURGERY to prevent displacing the tissues in the surgical site.

ORAL HYGIENE -- DO NOT brush the surgical area on the day of the surgery but DO brush all other areas in your usual manner. After the first 24 hours, begin warm water rinses every 3 to 4 hours and continue these rinses for 1 week. Two days after surgery you may begin gently brushing the teeth in the surgical area.

SUTURES -- return to our office for your scheduled suture removal appointment.

PROBLEMS -- if you have any questions, or think that the post-surgical healing process is not progressing properly, please contact us immediately.

Thank you for allowing us to participate in your dental care.