

Post Treatment Instructions
-Endodontic Surgery-

What to do:

- To minimize swelling and discoloration, apply an ice pack with light pressure over the side of your face alternating every twenty minutes with finger pressure. Continue the applications for 4-6 hours on the day of surgery only. Do not use ice after the first day.
- To keep the sutures in place, avoid pulling or raising your lip over the surgical site.
- During the first day eat foods that will not require vigorous chewing. Maintain a soft diet supplemented with vitamin C for 2-3 days following surgery.
- Please do not smoke, drink through a straw, or spit for a few days after surgery.
- To facilitate faster healing, use the Peridex mouth rinse as prescribed each morning and night. Swish with ½ oz. for 3-4 minutes (when done do not rinse with water for 30 minutes). The day following surgery you can periodically rinse with warm salt water using ½ teaspoon of salt in 8 ounces of warm water.
- Begin brushing the surgical area the day following surgery. Place the bristles of the brush at the gum line and gently sweep them toward the top of the teeth.
- There should not be much bleeding from the surgical site; however, some oozing is normal. Should significant bleeding occur, place a moistened Lipton tea bag between the incision and your cheek. Rest with your head elevated for 20 minutes while applying slight to moderate pressure over the area. Remove the tea bag to confirm that the bleeding has stopped. If it has not, repeat this process with a new tea bag. If the bleeding persists, call the office or the doctor's emergency contact number.
- Take your prescriptions as directed. To reduce stomach upset, take the medications with a carbonated beverage. If itching or a rash develops, discontinue the medications immediately.

What to expect:

- Although sever pain seldom occurs, some discomfort will usually be present. Use the anti-inflammatory medication as directed. Please inform us if you are experiencing significant discomfort or have an elevated temperature.
- There will likely be some oozing from the surgical site, especially at night. It is recommended that you sleep on an extra pillow keeping your head elevated, and place an old cloth over your pillow.
- Some swelling or discoloration may be present for approximately a few days to a week following surgery. This is a normal part of the healing process. If you experience increased swelling or find your temperature is elevated, please call our office or the doctor's emergency contact number.
- There is often temporary loss of feeling at the surgical site. Do not be alarmed, as this can last for several days up to approximately a month. Occasionally, the loss of sensation lasts longer than a month and sometimes may be permanent.
- The treated tooth may feel loose for a brief period of time, but generally this will resolve as the healing progresses.

The sutures placed are dissolvable, but we would like to check on your healing process in one week. Your

one week suture check will take approximately 5-10 minutes.

By checking the box that follows, you acknowledge that you read, speak and communicate English and that you have received adequate information about the treatment, you understand this information, and that all your questions have been answered fully.