

INSTRUCTIONS FOR AFTER ENDODONTIC SURGERY

Ice: The day of surgery, after the procedure, continue icing the area (15 minutes on, 15 minutes off) for the next two hours.

Rest: After your surgical treatment, rest as much as possible for the next 24 hours. Do not attempt physical exertion at work or play. These activities will raise blood pressure resulting in increased bleeding, swelling and pain. Avoid bending over and lifting heavy items the first day. Your discomfort is generally minimal after the first 12 hours. However, there is a wide range of healing patterns among individuals. While sleeping or resting, place pillows behind your head and neck to slightly elevate your head. You may want to protect your pillow using an old towel or pillowcase.

Do Not: Raise your lip to look at the sutures. This may disrupt healing or tear the sutures.

Eating: Eat what is comfortable for you. Avoid eating hard crunchy foods as well as foods that require heavy pressure to chew. Soft foods and liquids are best and avoid chewing on the side that was treated. Avoid alcohol for the first 24 hours.

Smoking: Please refrain from smoking for the first 48 hours after surgery. The chemicals in smoke can delay healing.

Mouth Rinse: Avoid any vigorous rinsing or spitting for the first 24 hours to ensure proper healing and clot formation.

Brushing: Maintain your normal oral hygiene program of brushing and flossing EXCEPT in the surgical area. Do not floss the surgical area for 10 days. Avoid brushing the surgical site for 1 week. After 3-4 days you can gently clean the teeth in the surgical site using a Q-tip dipped in mouth rinse.

Discoloration and Bleeding: It is normal to have some discoloration of the tissues around the surgical site. You may notice some slight bleeding at the surgery site after treatment. Discoloration (bruising) of the skin or cheek under the jaw line may occur occasionally.

Pain and Swelling: Do not be alarmed if you develop swelling. Swelling is a normal consequence of manipulating the tissues at the surgical site. There is a wide range of healing patterns following a surgery. Some individuals have very little pain or swelling the next day. Other people can have more intense pain and swelling for several weeks. Regardless of where you fall on this scale, you can expect to still have some tenderness in the area a week or more after the surgery because it takes time for tissues to heal. It typically takes several weeks for gums to feel normal. It may take the tooth several months to feel completely normal as your body fills in the bone around the tooth.

Pain Medications: We recommend taking over-the-counter pain medications for discomfort. If not contraindicated, we recommend 600mg of ibuprofen (Advil) and/or 650mg Tylenol every 6 hours if necessary.

Sutures: The sutures we placed will be removed around 5-7 days at your post op appointment.

Call: The proper care following surgical procedures will hasten the recovery and prevent complications. Do not hesitate to call the office if you have any questions about unusual bleeding or severe pain. In case of an emergency after normal business hours, you can call/text 503-597-8041.