



## ENDODONTIC SURGERY POST-OP INSTRUCTIONS

### After Treatment

Your endodontic treatment is now complete. Taking an analgesic before the numbness wears off may help maintain an acceptable comfort level. Please wait to eat or drink on the affected side until after the numbness has worn away. Please do not chew or attempt to eat on the affected side while you are still numb.

### Bleeding

Some oozing may continue for a short time and may even persist until the next day. Maintain gentle pressure by rolling up a piece of gauze from the extra gauze that was sent home with you and gently inserting it between your cheek and gums by the tooth that was treated today. If bleeding persists, place a damp tea bag wrapped in gauze in the same manner. Do not spit, use a straw, rinse, or smoke for 24 hours following this surgery.

### Ice & Rinsing

Apply the provided ice pack to your cheek or jaw overlying the treated area for the next 4-6 hours—15 minutes on, 15 minutes off. Avoid rinsing for 24 hours from the time of this surgery. You may then begin rinsing with a teaspoon of salt in a glass of warm water. If prescribed, use any mouthwash which has been recommended, too—this may also be applied to the area with Q-tips. Continue rinses until the sutures (stitches) have been removed.

### Discomfort

We recommend 600 mg. of ibuprofen and 1 extra strength Tylenol together every 6 hours as needed. The maximum that can be taken is 800 mg. of ibuprofen with 1,000 mg. of Tylenol every 6 hours. Rinsing with warm salt water (1 teaspoon of salt per glass of warm water) will help. Discomfort in the area in no way affects the successful outcome of treatment.

If antibiotics and/or pain medications were prescribed, please take them as directed. If you were given a prescription for pain, it is meant to help you with more serious discomfort only for a couple of days. **In the unlikely event that swelling, fever, or severe pain should occur, please call the office promptly.**

### Diet

Avoid eating anything hard or hot today; you may resume a normal diet tomorrow. If you prefer, or if more comfortable, try soft food and liquids for several days.

### Oral Hygiene

Good oral hygiene is essential following endodontic surgery. Tooth brushing should be instituted the day following surgery, with extra care taken not to brush against the gum tissues in the area of the surgery. Flossing may be done gently in the area of the surgery. Do not use a Water-Pik to clean the area around your surgery until after your post-surgery visit at our office; this may cause bleeding and impair healing.

### Swelling and Bruising

Discoloration and puffiness of the skin and gums around the area of surgery is normal. Do not be alarmed by these. The most swelling is expected on the second post-operative day and may last for several days. **If you have any questions or concerns, do not hesitate to call our office for consultation.**