

### ***Instructions Following Surgical Endodontics***

1. Apply an ice pack to your face next to the surgical area (on for 20 minutes and off for 20 minutes) for the next 5 to 6 hours to help decrease postoperative swelling. Swelling is usually greatest the day after surgery and may be at its worst 2 or 3 days after surgery.
2. Eat a soft diet the day of and the day after the procedure. After that time, cut food into small pieces and eat away from the surgical site. Liquid foods such as Ensure and Boost are excellent.
3. Take all medications as directed. Approximately 45 minutes should be allowed for you to feel the effects of the pain medication.
4. Clean your mouth as usual (brushing, flossing, etc.) in all areas except the surgical site. Modify cleaning procedures of the teeth in the area of the surgical site to keep from disturbing the area.  
Do not rinse vigorously during the first 24 hours following the surgery. Rinse twice a day until after you return to have the sutures removed.
5. Minor oozing of blood from the surgical site may occur in the first 24 hours after surgery. This will produce a pink tinge in the saliva and is not a cause for concern. However, if the bleeding is excessive, please contact our office. You may apply pressure to the area with a tea bag or moist cotton gauze.
6. Ibuprofen is normally sufficient to take care of any discomfort. If discomfort persists, call the office for instructions. If the doctor prescribed antibiotics, take as directed until gone.
7. Use salt-water solution (use one teaspoon of salt per 8 oz. glass of warm water). Hold salt-water solution in area for 1-2 minutes, empty, and continue until all of the solution has been used. Repeat every hour if possible.
8. Sutures have been placed and will need to be removed at your next appointment. Please do not lift or pull on your lip to examine the surgical site during the first 2 to 3 days because this may disturb the healing process. Do not place tongue on the wound or sutures.
9. Avoid cigarettes and all other tobacco products.