

## ***Aftercare Following Endodontic Surgical Treatment***

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 last **2-3 days**.
2. Eat a soft diet for 1 day after the procedure. After that time, cut food into small pieces and eat away from the surgical site. Avoid spicy or hot foods or drinks.
3. Take all the medications as directed. Approximately 45 minutes should be allowed for you to feel the effects of the pain medication.
  - a Pain Relief – Every 6 hours, take **600mg of ibuprofen** (3 Advil®, Motrin®) (not to exceed 3200mg per day) AND **500mg of acetaminophen** (1 Extra Strength Tylenol®) (not to exceed 3000mg per day).
  - b If you are unable to take ibuprofen, take **500-1000mg of acetaminophen\*** (1 or 2 Extra Strength Tylenol®) every six hours (not to exceed 3000mg per day).
  - c *\* Note that when taking acetaminophen (Tylenol®, Excedrin®, or other acetaminophen- containing medications (Lortab®, Vicodin®, Norco®)), **alcohol consumption is not recommended**.*
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.
  - a An antimicrobial mouth rinse (chlorhexidine gluconate) was provided. You should start using this rinse twice a day for **7 days** after surgery.
  - b Twice a day, rinse with salt-water solution (1 teaspoon of salt per 4 oz glass of warm water) for **7 days** after surgery.
5. Minor oozing of blood from the surgical site may occur in the first 24 hours after surgery. This 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. Sutures have been placed and will need to be removed at your next appointment. Do not lift or pull on your lip to examine the surgical site during the first **2-3 days** because this may disturb the healing process. Do not place tongue on the wound or sutures.
7. Avoid cigarettes and all other tobacco products.

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