

## INSTRUCTIONS FOLLOWING ENDODONTIC SURGERY

### WHAT TO DO:

1. Avoid strenuous activities for the remainder of the day.
2. Avoid any unnecessary lifting.
3. Apply an ice bag to the face over the surgical site alternating every 15 (fifteen) minutes. (15 minutes on, 15 minutes off) Continue the applications for six hours on the day of surgery only. This will minimize swelling and discoloration. Do not use ice after the first day.
4. During the first day use foods that will not require vigorous chewing. **DO NOT RINSE YOUR MOUTH ON THE DAY OF SURGERY.**
5. There should not be much bleeding from the surgical site. If you experience significant bleeding, place a moistened tea bag between the incision and your cheek. Rest with your head elevated for 20 minutes with slight to moderate pressure over the area. Remove the tea bag and confirm that the bleeding has stopped. If it has not, repeat with a new tea bag. If the bleeding persists, call the office or the doctor's emergency number immediately.
6. You should brush your teeth in the treated area excluding the gums. Do **not** use dental floss or a water irrigation device.
7. Starting tomorrow, **gently** rinse the treated area with warm salt water after meals. Use one-half teaspoon of salt in a large glass of warm water.
8. Return to this office for suture removal as directed.

### WHAT TO EXPECT:

1. Although severe pain seldom occurs, some discomfort will usually be present. Use the anti-inflammatory medication as directed. Taking one Aleve twice a day until the suture removal appointment will help avoid discomfort and swelling. Please inform us if you are experiencing significant discomfort or have a temperature.
2. There will be some swelling and discoloration for three to five days. This is a normal part of the healing process.
3. There is often temporary loss of feeling in the surgical site. This usually resolves within a few days to a number of weeks.
4. The treated tooth may feel loose for a short time.

