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Practice Limited to Endodontics

Instructions Following Surgery

Normal Activities are fine, but no heavy physical exercise today.

Avoid lifting the lip to look at the surgical area as this can tear the sutures and delay healing.

Remove the gauze dressing when you get home (wet gauze for easy removal).

Use an ice pack on the outside of your face over the area of the surgery to minimize swelling, bleeding and bruising. The ice pack should be applied for 10-15 minutes of each hour for the first 6-8 hours.

Eat meals at regular intervals but avoid food that may traumatize the incision site. Avoid spicy and hot (temperature) foods.

Do not use a straw to drink liquids for the first 24 hours.

Have any prescriptions filled and take as directed. Otherwise you should take the following for pain:

- Ibuprofen 200mg (Advil[®], Motrin[®]) - take 3 tablets every 6 hours for pain
- Aspirin 325mg (Bayer[®]) – take 2 tablets every 4 hours for pain
- Acetaminophen 325mg (Tylenol[®]) - take 2 tablets every 6 hours for pain

Do not rinse your mouth today. Starting tomorrow morning, you may rinse your mouth and the surgery area after meals. Brush teeth normally but avoid the soft tissue in the surgical area.

The following is to be expected and should cause no concern:

- a. Slight oozing of blood for about 36 to 48 hours.
- b. Swelling within the first 48 hours.
- c. Mild discomfort.
- d. Discoloration of the skin.

Please call the office (436-2277) if you have any questions or problems.