

## Instructions Following Endodontic Surgery

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

- Slight oozing of blood from the area for about 36 to 48 hours.
- Swelling or puffiness within the first 48 hours.
- Discomfort such as achiness, soreness or mild to moderate pain.
- Discoloration or bruising of the skin.

If you are experiencing something that you think is not normal or have any questions or concerns, please call our office: **614-436-2277**. If it is after hours and you page the doctor on call, please speak slowly and clearly and give your phone number twice.

Normal activities are fine, but no heavy physical exercise today. No vigorous swishing, spitting, or use of a straw for at least 24 hours.

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

You were given some gauze. If you suspect you are bleeding, please wet a piece of gauze and place it in the area. Apply direct pressure for at least 10 minutes. Wet gauze will help prevent it from sticking to the area.

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 20 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. Start with softer foods such as yogurt.

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

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

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

If you smoke or use e-cigarettes, delay as long as possible, preferably 24-48 hours since smoke and nicotine can slow down the healing process.

If a biopsy was taken it will take approximately one week to get results. Most medical insurance companies will cover a portion of the cost of the biopsy.