

## INSTRUCTIONS FOLLOWING ENDODONTIC SURGERY

**Rest:** Maintain rest for the balance of the day. Avoid strenuous activity. If you wish to lie down, prop your head with two pillows the first day and night. Remove the gauze from your mouth after 1-2 hours.

**Swelling:** Ice cubes placed in a plastic bag and wrapped in a moist wash cloth may be used. Use it in 10 to 15 minute intervals on and off.

**Brushing & Mouthwashes:** Gentle rinses with warm water (1 tsp. Salt to 8oz. warm water) may be used beginning the day after surgery. Brush the tooth area gently as possible without disturbing the surgical site. You should be able to resume normal brushing by the third day.

**Prescriptions:** If your doctor prescribes medication following surgery, please take all prescriptions as directed.

**Diet:** For the first two days, you may want to choose a soft diet. Avoid chewing near the surgical area. It is important to drink an abundant amount fluids and eat nutritional foods.

**Typical Symptoms:**

- Discomfort-can be mild to moderate
- Oozing-of blood for 36 to 48 hours
- Swelling-mild inflammation
- Mouth odor-unpleasant taste in mouth
- Discoloration-around the immediate area

**Follow-Up Visit:** Please return to our office for your follow-up visit and suture removal in one week.

**Note:**

- Do Not lift or pull your lip to look at surgical site. This can pull sutures out and cause bleeding or retard healing.
- Do Not spit, drink from a straw, or smoke for the next two days.
- Call our office at anytime if you have any questions.