

Home Instructions Following Endodontic Surgery

WHAT TO DO FOLLOWING SURGERY

- Rest and avoid strenuous activities for the remainder of the day.
- Apply an ice bag or cold compress to the outside of your face, over the operated area for 10 minutes on and 10 minutes off for the rest of the day. This will minimize swelling and discoloration.
- Eat soft foods only for the first 24 hours. Avoid chewing hard foods in the operated area until the sutures are removed.
- DO NOT RINSE YOUR MOUTH ON THE DAY OF SURGERY.
- There should not be much bleeding from the surgical site. If there is significant bleeding, wash your hands and place the sterile gauze that was given to you or a moistened tea bag over the surgical site and apply light pressure for 20 minutes. Rest with your head elevated. Change new gauze or moistened tea bag and repeat the procedure for another 20 minutes. If bleeding persists, call the office or Dr. Min's emergency number immediately.
- Do not smoke or drink alcohol for the first 48 hours.
- Gently brush your teeth in the treated area excluding the gums. Do not use dental floss or water irrigation device.
- After 24 hours, gently rinse the treated area with warm salt water 4 times a day especially after meals. Use 1/2 tsp of salt in a large glass of warm water.
- Avoid lifting or unnecessarily exercising your lip. It is possible to accidentally tear the sutures, open the incision and delay the healing.
- Return to the office for suture removal as directed.

WHAT TO EXPECT FOLLOWING SURGERY:

- Some discomfort following surgery is normal. Severe pain seldom occurs. If you have been given a prescription, please take as directed. Inform the doctor if you are experiencing significant discomfort or have a temperature.
- There will be some swelling and discoloration present for three to five days following surgery. This is a normal part of the healing process.
- There is often a temporary loss of feeling in the operated area,
- The operated tooth may feel loose for a brief time.